

# Injury prevention

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Injuries are one of the leading causes of emergency room visits for all age groups. Yet, many injuries are predictable and preventable. Awareness of common injuries and prevention tips will help keep you and your community members safe.

Despite British Columbia's current efforts to keep people safe, injuries still happen. These include injuries related to:

- Falls (especially among seniors)
- Transportation
- Workplaces
- Physical activity
- Drowning
- Asphyxia
- Poisoning
- Burns
- Heat
- Electricity
- Violence
- Self-harm and suicide

## Things you can do to prevent injury

### Fall prevention

Take steps to reduce your likelihood of a fall by staying active and maintaining your strength and balance. To learn more, see:

- [Seniors' falls can be prevented \(HealthLinkBC File #78\)](#)
- [Preventing Falls in Older Adults](#)
- [Child Safety: Preventing Falls](#)

### Transportation

Take precautions when driving, cycling or walking. Pedestrians and cyclists are also vulnerable to collisions. To prevent injuries on the road:

- Drive at or below the speed limit

- Stay focused while driving. Do not use your phone or other hand-held devices, search for music or engage in any activity that shifts your attention from the road
- Be aware of your environment when maintaining physical distance
- Look in all directions when you cross the road and check all lanes of traffic
- Do not drive while impaired by alcohol, other drugs or medications. For more information, see [Government of British Columbia: Driving while affected by drugs or alcohol](#)
- Wear a helmet when cycling and ensure that it fits snugly. There should be no more than two fingers' width between your chin and the strap. To learn more about bike safety, visit [The BC Cycling Coalition: Cycling Safety](#)

### **Mental health**

Stress, social isolation and loneliness may be contributing factors to injury. For some, this can lead to an increase in substance use or a worsening of mental health symptoms. Domestic conflicts have also increased. Post-traumatic stress disorder has emerged for essential services workers. These and other factors can lead to an increase in suicide, self-harm and types of violence.

Getting enough sleep will help you stay rested and alert. It is also important to pay attention to your mental health and overall wellness. There are many precautions you can take to reduce your chance of getting injured. To learn more, see:

- [Mental Health](#)
- [Social Connections](#)
- [Post-Traumatic Stress Disorder](#)
- [Domestic Violence](#)
- [Government of British Columbia: Help Starts Here – Mental Health](#)

### **Safe storage**

Keep medications and poisonous substances locked up. To learn more, see:

- [BC Injury Research and Prevention Unit: Poisoning](#)
- [Preventing Poisoning in Young Children](#)

### **Water safety**

Learn about water safety to prevent swimming-related injury or drowning. For prevention tips and more, see:

- [BC Injury Research and Prevention Unit: Water Safety](#)
- [Child Safety: Preventing Drowning](#)
- [Safety tips for swimmers \(HealthLinkBC File #39\)](#)

### **For more information**

To learn more about injury prevention, visit the following resources:

- [Disease and Injury Prevention](#)
- [BC Drug and Poison Information Centre](#)

- [BC Injury Research and Prevention Unit: Injury Priorities](#)
- [Parachute Canada](#)
- [Active & Safe Central](#)

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