



# SAFETY TALK

## NATIONAL INJURY PREVENTION DAY

### JULY 7, 2025

National Injury Prevention Day (NIPD) is a day to raise awareness around the importance of injury prevention and to aid Canadians to live long lives to the fullest through education and advocacy. Health Canada recognizes this date as an official National Health Promotion Day.



### INJURY STATISTICS

- Every day, **48 Canadians die** and **634 are hospitalized** because of injuries.
- Preventable injury kills more Canadian children than any disease, and more youth than all other causes combined.
- **75 per cent** of injury-related deaths are from unintentional causes, such as falls, car crashes and poisonings.
- **Falls** are the leading cause of injury deaths, hospitalizations, emergency department visits and disabilities in Canada.
- Injury costs the Canadian economy **\$29.4 billion** a year

### RISK FACTORS

Risk factors and determinants common to all types of injuries include:

- Alcohol or substance use
- Inadequate adult supervision of children
- Broad societal determinants of health such as poverty, economic and gender inequality

### PARACHUTE

Parachute, founded in 2012 through the amalgamation of four Canadian charities in the injury prevention field, is focused on three key areas where people are unintentionally injured: in the home, at play, and on the move.

Parachute provides education and advocacy for preventing serious injury in homes, in sports and recreation and on our roads.

<https://parachute.ca/>



For more information about Injury Prevention, contact the Occupational Health, Safety and Wellness Team at:

<https://src.healthpei.ca/occupational-health-safety-wellness-team>

*Safety is everyone's responsibility!*

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

DISCUSSION QUESTIONS:

WHAT CAN HEALTH PEI STAFF DO TO PREVENT INJURY AT WORK? AT HOME?  
HOW WOULD I REPORT A CONCERN TO PREVENT FUTURE INJURIES?  
WHY IS INJURY PREVENTION IMPORTANT?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org)  
Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>