

TAKE ACTION

to prevent injuries



Injuries don't happen by accident!

We often talk about injuries as acts of fate or freak accidents. We accept them as part of life. But the things we do and the choices we make are often the reason for injuries occurring.

You can prevent injuries. How? Learn the risks and make changes. Here's how to start:

It's time to stop injuries!



Quick Facts

- Injuries kill more Albertans between the ages of 1 and 44 than either cancer or heart disease.
- For every injury death, there are 36 injury hospital admissions and 284 emergency department visits.

Always wear your seatbelt.

In vehicles, everyone – drivers, passengers, and children – should wear a seatbelt at all times to prevent injuries to themselves and others.

Nearly half of all parents install children's car seats incorrectly. Find out how to do it right. Your local public health centre has free information to help you.

Never drink and drive.

Drunk driving is still a major cause of motor vehicle collisions in Alberta. If you plan to drink, take safety seriously. Plan ahead. Call a cab or stay the night. If your designated driver has had anything to drink, find another way to get home.

Know the warning signs of suicide.

Suicide is a form of injury. Watch if someone you know:

- Talks about wanting to die
- Changes their behaviour, appearance, or mood
- Seems depressed or withdrawn

These signs can mean they need help. Talk to them about how they are feeling. If they are suicidal, call for help immediately. Here's who you can call:

- Mental Health Help Line: 1-877-303-2642
- Your local crisis line. Dial 4-1-1 for directory assistance, or check the front of your phone book under "Emergency Numbers."
- Take them to see a doctor or go to the nearest emergency department.

Fall-proof your home for seniors.

Falls are the biggest cause of injury in people over 55. To prevent falls, install handrails on steps and stairs. Remove wet leaves and ice from steps and sidewalks and keep them in good repair. Older adults can do their part by staying healthy and fit.

Keep an eye on the kids.

Children are more often injured when they are out of sight. Never leave children under 5 alone near a pool, outdoor pond or bathtub – not even for a minute. Lock balcony doors. Keep medicines, cleaners, and other poisons in a locked cupboard or room.

Support safety in your workplace.

Talk to your co-workers about safety. Participate in your company's workplace safety program. WorkSafe Alberta has good information for employers and employees on how to make workplaces safe.

For more information on:

Suicide prevention

- Mental Health **Help Line: 1-877-303-2642**
- Centre for Suicide Prevention: (403) 245-3900 (not a crisis line) www.suicideinfo.ca

Child injury prevention

- KIDSAFE Connection in Calgary: www.calgaryhealthregion.ca/kidsafe
- KIDSAFE Connection in Edmonton: (780) 407-7250 www.capitalhealth.ca/kidsafe
- Poison and Drug Information Services (PADIS): 1-800-332-1414

Traffic safety

- Alberta Traffic Safety Initiative: (780) 422-8839 or 310-0000 www.saferoads.com
- Alberta Occupant Restraint Program: www.health-in-action.org/AORP

Workplace safety

- WorkSafe Alberta: (780) 644-1500 or 1-866-415-8690 www.worksafely.org

General injury prevention www.healthlinkalberta.ca

- Calgary Health Link: (403) 943-LINK (5465)
- Capital Health Link: (780) 408-LINK (5465)
- Toll-free in Alberta: 1-866-408-LINK (5465)

In your community contact:

Learn more about injury prevention. Learn more about how to prevent injuries from affecting you and your family. Call us at *the Alberta Centre for Injury Control & Research*, at (780) 492-6019. You can also send us an e-mail at acicr@ualberta.ca or visit our website at www.acicr.ualberta.ca.

