

# CARDIO PARTNER RESOURCES

Newsletter | December 2017

## LEADING CAUSES OF UNINTENTIONAL INJURY DEATHS IN THE UNITED STATES

Motor Vehicle – 33.9%

Poisoning – 24.1%

Falls – 18.2%

Unspecified – 4.9%

Suffocation – 4.9%

Drowning – 2.8%

Fire or Burns – 2.7%

Other – 8.4%

*\*Info based on 2007 statistics\**

## INJURY PREVENTION AND EMERGENCY PREPAREDNESS

Every year in the United States, millions of people suffer from unintentional injuries. Unintentional injuries are also the leading cause of death for people ranging from age 1 to 44 years of age. Most of these injury related deaths were caused by motor-vehicle crashes.

## INJURY RISK FACTORS

Several factors effect a person's risk of being injured. These factors include age, gender, geographic location, economic status, and alcohol misuse and abuse.

**Nonfatal injury rates remain highest among people younger than 39 years old. However, deaths from injury are more common in people over 40 years old.**

**Gender is also a significant factor in risk of injury. Males are at a greater risk than females for any type of injury. In general, men are twice as likely to suffer a fatal injury as women.**

**Environmental and economic factors influence injury rates. Living on a farm or in the city, having a home made of wood or brick, using a specific type of heat in your home and your local climate all affect your degree of risk.**

**Alcohol misuse and abuse is a significant factor in many injuries and fatalities, in both teenagers and adults.**

## REDUCING YOUR RISK OF INJURY

Statistics show that people of certain ages and gender are injured more often than others. However, the chances of injury have more to do with a person's behavior. Many injuries are preventable and result from the way people interact with potential dangers in the environment. Risks of an injury can be reduced by taking the following steps:

### Know the risk

**Take measures to make a difference. Change behaviors that increase your risk of injury and injuries to others.**

**Think safety. Be alert for and avoid potentially harmful conditions and actives that can increase your risk of injury.**

**Learn and use first aid skills. Apply your first aid training when necessary.**

*\*\*Please be sure to refer to your companies' safety manual for specific injury related issues\*\**

