

THE NEWS LETTER

Safety Tip

Fall Prevention Tips

- *Repair or remove tripping hazards.
- *Install grab bars and handrails.
- *Avoid wearing loose clothing.
- *Light it right.
- *Wear shoes.
- *Make it nonslip.
- *Live on one level.
- *Take extra time.
- *Pay attention to surroundings.

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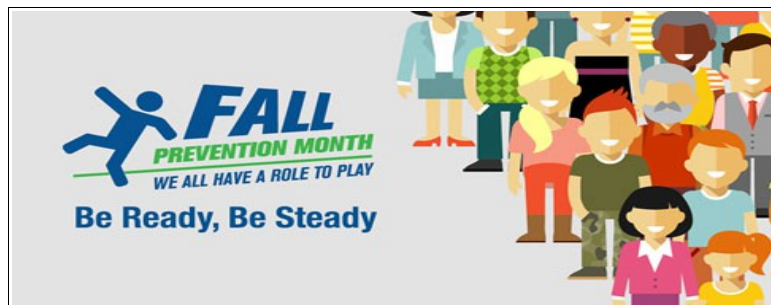
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NEWFOUNDLAND LABRADOR INJURY PREVENTION COALITION

Fall 2021

(All Photos are Links)

Article 1 – November is Fall Prevention Month



Why we need Fall Prevention Month:

- Falls are the leading cause of injury-related hospitalizations among Canadian older adults. 20-30% of older adults fall each year
- Falls are the leading cause for hospital admissions from injuries for children ages 0 to 9

Fall Prevention Month encourages organizations to coordinate their efforts for a larger impact. Canadian organizations participate by planning initiatives and sharing evidence-based information on fall prevention. Together we can raise the profile of fall prevention and help everyone see their role in keeping adults and children safe as they age. [Learn More](#)

Falls are the leading cause of injury-related hospitalizations for Canadians over 65 years of age and the number of older adults in Canada is increasing rapidly. Approximately 30 per cent of older adults fall at least once a year, and those falls often result in disability, loss of independence or death. November is Fall Prevention Month and you can help prevent falls in your community by running an awareness event or activity. Learn more at: <https://www.fallpreventionmonth.ca/nlipc-story>

THE NEWS LETTER

Safety Tip

Wood Burning Fire Prevention Tips

- *Clear the area around the fireplace & chimney.
- *Always use a screen.
- *Never overload the fireplace.
- *Keep a fire extinguisher on hand & place smoke detectors throughout the house.
- *When building a fire, place logs at the rear of the fireplace, preferably on a grate.

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Article 2 – Child Safety Link

Click Photo and Fill out form to order print resources from Child Safety Link.



CHILDREN'S INJURY PREVENTION EDUCATIONAL RESOURCES NOW AVAILABLE IN NEWFOUNDLAND & LABRADOR!

Visit www.childsafetylink.ca to access our resources (e.g. how-to videos, checklists, posters, infographics) on a wide range of injury prevention topics including: poison prevention, child passenger safety, fall prevention, helmet safety & much more!

★ Note: Some print resources can be ordered for free at the link below, & some are available in multiple languages.

Have a question? Whether you are a parent/caregiver or a professional who works with families, we can help!

Email: childsafetylink@iwk.nshealth.ca

Call toll-free: 1-866-288-1388 or

Fill out an online resource order form: <https://bit.ly/2Zde4id>

CHILDSAFETYLINK
Here for you.



childsafetylink.ca

Article 3 – National Day of Remembrance for Road Crash Victims – November 17, 2021



"Today is a day to pay tribute to the innocent victims, and to remember those left behind to deal with the unexpected loss of those they love." #nltraffic #distracteddrivingkills

THE NEWS LETTER

Safety Tip

ATV Safety Tips

- * Never drive impaired.
- * Get safety certified.
- * Always wear an approved helmet and eye protection.
- * Ride an ATV that's right for your size and age.
- * Always ride at a safe speed on a trail meant for ATV use.

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Article 4 – ATV/Off-Road Safety (Update)



The **NLIPC** has been working with **SafetyNL** on ATV and Off-Road Safety and continue to progress our efforts to make NL 'Injury and Fatality Free' in the near future but it's up to all of us to make this happen!.

"Off-road vehicle use is quite common throughout our province, however, there have been far too many fatalities and injuries due to unsafe operation. While today's (10/21/21) proposed changes are designed to improve safety, it is up to all users to ensure the safe operation of their off-road vehicles."

Honourable Sarah Stoodley

Minister of Digital Government and Service NL – [LEARN MORE](#)

"Newfoundland and Labrador tighten rules and regulations for off-roaders" - *Sixty-eight riders have been killed since 2014*

- [Learn More](#) – Driving.ca
- [Position Paper](#) - NLIPC, NLPHA and SafetyNL

THE NEWS LETTER

Fall Weather Safety Tips

- * Be aware of pedestrians as it gets darker earlier.
- * Get your fire safety up to speed.
- * Avoid slip and falls from rain and fallen leaves.
 - * Be prepared for unexpected cold weather.
- * Make sure all batteries are in order.
- * Wear something reflective when walking at night.
- * Have emergency supplies readily available.

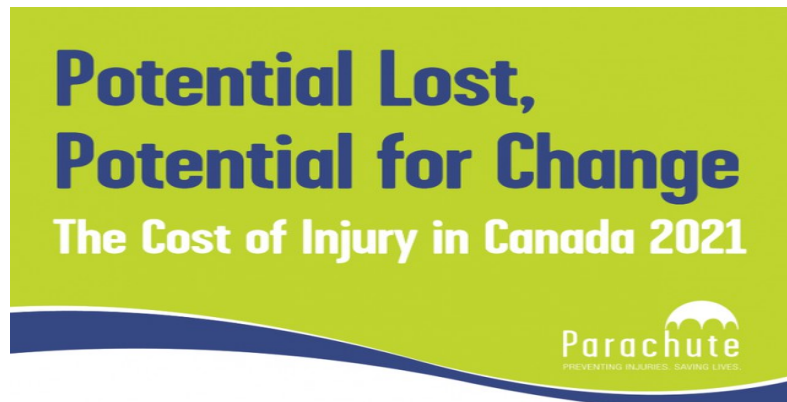
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Article 5 – Cost of Injury Report!



To tell the story of the cost of injury in Canada, this report presents data in five sections:

- The human cost of injury.** Cases and rates of injury in Canada, 2018
- Costs to the health system and society.** Total, direct and indirect costs of injury, 2018
- Costs by cause of injury.** Total, per capita and per outcome costs by cause of injury, 2018
- Injury costs across the lifespan.** Costs by age and sex by cause of injury, 2018
- The highest costs: Falls and transport.** Costs by age and sex for specific types of falls and transport incidents, 2018

This report presents a very conservative estimate of the cost of injury. Most importantly, it does not quantify the pain and suffering preventable injuries cause for individuals, families and communities.

Preventable injuries cost the Canadian economy **\$29.4 billion in a single year**, including \$20.4 billion in direct health-care costs. The story does not end there. The human cost of injury brings pain, suffering and diminished health and well-being to individuals and their families. It impacts our potential to live long lives to the fullest.

<https://parachute.ca/en/professional-resource/cost-of-injury-in-canada/>

THE NEWS LETTER

Christmas Tree Safety Tips

- * Artificial trees should be flame resistant.
- * Choose fresh trees over cheap & dry.
- * Keep the water coming.
- * Don't choke the chord.
- * Keep trees away from heat sources.
- * Use low energy, safe lighting.
- * Never leave the lights on overnight.

BE SAFE - HAVE FUN!

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Article 6 – The NLIPC – What's Up?

The NLIPC continues our efforts to inform and share resources to eliminate preventable injuries in Newfoundland and Labrador. We strive to share stories, online resources from our like minded partners, and highlight the great work in safety and injury prevention both in Newfoundland and Labrador and throughout Canada.

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One of the new partnerships the NLIPC has been working with is Distracted Driving Kills NL by helping with it's online presence and sharing their message. It's purpose is simply to eliminate Distracted Driving in NL!

The NLIPC has also been working with our partners including ACIP, SafetyNL, Fall Prevention Month, Brain Injury Association NL, Child Safety Link, Operation Lifesaver and Parachute Canada on these initiatives -

- ATV/Off-road safety
- Cost of Injury Report
- National Teen Driver Safety Week
- Fall Prevention Month
- Concussion Awareness Week
- Child Safety Link
- Rail Safety Week



Become A Member

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AND ACCIDENTS** Identify Moose
Hot Spots

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