Outdoor leisure injuries

Over the two-year period, 1995-1996, QISPP recorded 6571 injuries to people pursuing leisure activities outdoors at home, at recreation areas and sport and athletics areas.

- 62% of the injuries occurred at home.
- 60% of the injuries were to children, 0-14 years
- 64% of the injuries were to males

- Children aged 5-9 years were the group at highest risk, accounting for one quarter of all of the injuries. (See age distribution graph)

- The most common activity at the time of injury was playing, followed by (in rank

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Fig. 1 Outdoor leisure injuries by age
Injuries to young people 15 - 24

The total number of injuries recorded by QISPP in 1996 for the 15 to 24 year age group was 5694. 71% of the injuries were to males.

The most common activities being undertaken when the injuries occurred were:

- leisure - 42%
- sport and recreation - 22%
- occupational - 18%.

Occupations frequently represented were:

- labourers 127
- carpenters, joiners 50
- cooks/bakers 42
- storemen/women 44
- sales assistants, reps 43
- boilermaking, welding 43
- vehicle mechanics 37
- kitchen hands 37

Injury locations reflect the activities being undertaken and were most commonly:

- home 25%
- sport, athletics area 20%
- street, highway, footpath 14%
- trade, service area 15%
- school or public admin 8%
- industrial, construction 7%
- recreational area 7%

More than half of the industrial and construction locations were factories or warehouses.

One-quarter of the injuries were caused by being struck by an object or person and a further 15% were the result of a fall.

14% of injuries were transport related as follows:

<table>
<thead>
<tr>
<th>Injury</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>motor vehicle driver</td>
<td>227</td>
</tr>
<tr>
<td>motor vehicle passenger</td>
<td>162</td>
</tr>
<tr>
<td>motorcycle rider</td>
<td>142</td>
</tr>
<tr>
<td>motorcycle passenger</td>
<td>3</td>
</tr>
<tr>
<td>bicyclist</td>
<td>173</td>
</tr>
<tr>
<td>pedestrian</td>
<td>31</td>
</tr>
</tbody>
</table>

Cutting and piercing were the cause of 7% of injuries and machinery in operation 4%.

While 90% of all injuries were unintentional, 7% were (other) assault, and 2% were self harm. There were also 29 cases of partner abuse (0.5%) and four injuries as a result of legal intervention.

<table>
<thead>
<tr>
<th>Injury</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>sprain, strain</td>
<td>1207</td>
</tr>
<tr>
<td>open wound, laceration</td>
<td>1202</td>
</tr>
<tr>
<td>fracture</td>
<td>841</td>
</tr>
<tr>
<td>contusion</td>
<td>654</td>
</tr>
<tr>
<td>eye injury (including FB)</td>
<td>273</td>
</tr>
<tr>
<td>superficial</td>
<td>226</td>
</tr>
<tr>
<td>dislocation</td>
<td>146</td>
</tr>
<tr>
<td>bite</td>
<td>132</td>
</tr>
<tr>
<td>burn</td>
<td>109</td>
</tr>
<tr>
<td>concussion</td>
<td>96</td>
</tr>
<tr>
<td>multiple</td>
<td>88</td>
</tr>
<tr>
<td>crushing</td>
<td>83</td>
</tr>
<tr>
<td>poisoning (excl bite)</td>
<td>60</td>
</tr>
<tr>
<td>traumatic amputation</td>
<td>10</td>
</tr>
</tbody>
</table>

36% of the sprains and strains were to the ankle, 10% were to the knee and 9% to the back.

Fractures were most commonly to the finger (15%), wrist (15%) and hand (13%).
Intentional injuries to children

- There were 61 intentional injuries (child abuse, sexual assault, other assault) to children aged 0 to 14 recorded on the QISPP database in 1996.

- Three of the injuries were child abuse, one sexual assault and the remainder were other assault.

- 35 injuries were to boys and 26 to girls. The two admissions were both girls.

- 72% of the injuries were the result of being struck by an object or person.

- The head was the body part most frequently injured (55%), followed by the upper limbs (29%).

- The nature of injury was:
  - 36% - contusions,
  - 13% - cuts/lacerations
  - 10% - fractures
  - 10% - sprains/strains
  - 10% - superficial
  - 5% - concussion/intracranial.

- 31% of the injuries occurred at home and 26% at schools, public administration areas or other institutions.

- There were 1934 injuries recorded for the same group that were of unknown intent.

Outdoor leisure injuries

order) walking/jogging, riding, playing on play equipment, football, swimming, trampolining, basketball, gardening and rollerblading.

- The highest admission rate for the above activities was 24% for injuries sustained while playing on play equipment.

- Falls were the most common cause of injury (37%) with one-fifth of these being from a height greater than one metre.

- Struck by object or person (843), transport related (781), animal related (738) and cuts/lacerations (418) followed as the most frequent causes of injury.

- Higher injury rates occurred during the warmer months, September to April.

<table>
<thead>
<tr>
<th>Injury</th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fractures</td>
<td>1588</td>
<td>24</td>
</tr>
<tr>
<td>Open wounds</td>
<td>1360</td>
<td>21</td>
</tr>
<tr>
<td>Sprains</td>
<td>1087</td>
<td>17</td>
</tr>
<tr>
<td>Contusions</td>
<td>691</td>
<td>11</td>
</tr>
<tr>
<td>Bites</td>
<td>458</td>
<td>7</td>
</tr>
<tr>
<td>Superficial</td>
<td>202</td>
<td>3</td>
</tr>
<tr>
<td>Concussion</td>
<td>201</td>
<td>3</td>
</tr>
<tr>
<td>Eye</td>
<td>173</td>
<td>3</td>
</tr>
<tr>
<td>Dislocation</td>
<td>99</td>
<td>1.5</td>
</tr>
<tr>
<td>Burn</td>
<td>67</td>
<td>1</td>
</tr>
</tbody>
</table>

Table 2 Outdoor leisure injuries, 1996 by Nature of Injury
On the job injuries - electrical workers

- During 1996 QISPP recorded 64 injuries to electrical workers.

- 38% of those injured (24) were aged 20 - 29 years

- The most common causes of injury were:
  - cutting, piercing object 20%
  - struck by object or person 16%
  - foreign body in eye 16%
  - machinery in operation 11%
  - electricity 8%
  - fall 6%

For example:
- using stanley knife to strip cable when knife slipped, lacerating thumb
- installing cables when cable tie broke hitting him in the eye

- 40% of injuries were open wounds.

- 13 injuries (20%) were to the eye, 10 of which were foreign bodies.

- There were six fractures, all except one to the upper limbs.

- Other injuries included five sprains or strains, four crushing injuries, and three electrical injuries.

- 46% of the injuries were to the upper limbs.

- Almost half of the injuries (30) occurred in the construction industry, eight occurred in the electricity and gas supply industries.

- While the injuries did not result in any hospital admissions, 63% required further medical follow-up.

- 41% of the injuries happened in industrial or construction sites and 30% in trade or service areas.

- Only one of those injured was female.

Use of safety knives such as the one shown above may help reduce the incidence of cuts.

"Look, if it was electric, could I do this?"

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