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YUKONERS CHALLENGED TO AN INJURY FREE DAY ON SEPTEMBER 2

WHITEHORSE – Yukon residents are challenged to go a day without injury by Yukon’s Medical Health Officer, Dr. Brendan Hanley.

Injuries are a major problem in Yukon, as Hanley well knows. During his years as an emergency room physician, he has seen it all.

- Traumatic injuries kill Yukon males at three times the national average and females at two and a half times the national average.
- Injuries are responsible for more deaths to our youth than all other causes combined.
- Injuries are the third highest economic burden on our nation’s health care system, accounting for over \$14.5 billion per year.
- The majority of injuries are not fatal, but they still take their toll—on bodies, lifestyles, families, businesses and the economy.

Working collaboratively with health partners, Hanley is establishing Tuesday, September 2 as Day Without Injury and challenges every Yukoner to get through that day without a bump, scratch or bruise.

“Rather than leave it up to chance whether you sustain even a minor injury on September 2, make it a personal challenge to get through the entire day without so much as a scratch,” Hanley said. “All it takes is to pause for just a moment and think about what you are going to do, and then focus on the task while doing it—whether it’s making breakfast, driving, or any other activity you do during your day.”

Throughout the day, Hanley will monitor reports of injuries through community nursing and at Whitehorse General Hospital, and will report on how well people across the territory met the challenge.

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