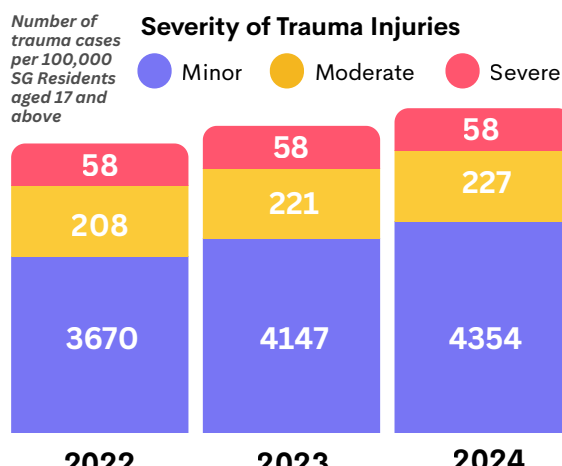


NATIONAL TRAUMA STATISTICS 2022-2024

DATA FROM NATIONAL TRAUMA REGISTRY

Numbers Tell the Story - Prevention Changes the Ending

INCIDENCE OF TRAUMA AMONG ADULTS AGED 17 AND ABOVE



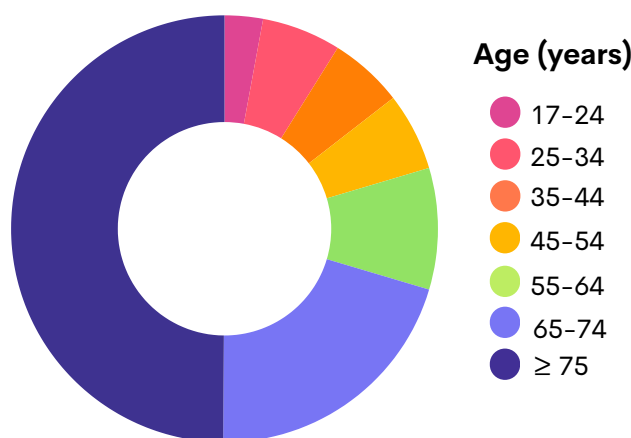
Rising Trauma Incidences

The number of trauma cases among adults aged 17 and above has shown a steady increase over the past three years, with public healthcare institutions treating about 400 trauma cases aged 17 and above daily between 2022 to 2024.

Injury Severity Distribution

The majority of the trauma incidences are minor injuries and are usually preventable. For instance, traffic accidents and falls at home.

MODERATE/SEVERE TRAUMA CASES AMONG ADULTS BY AGE GROUP



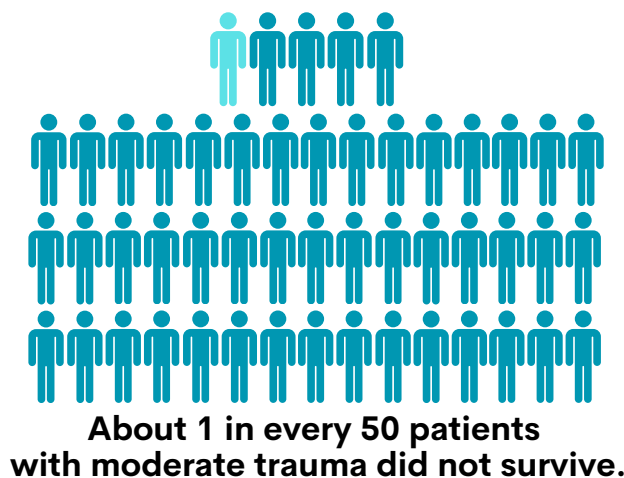
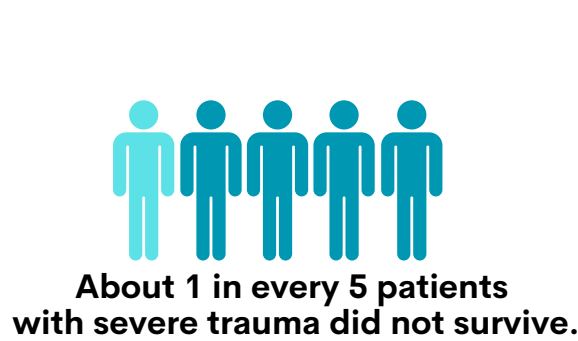
70%

of the moderate to severe trauma cases were older adults aged 65 and above.

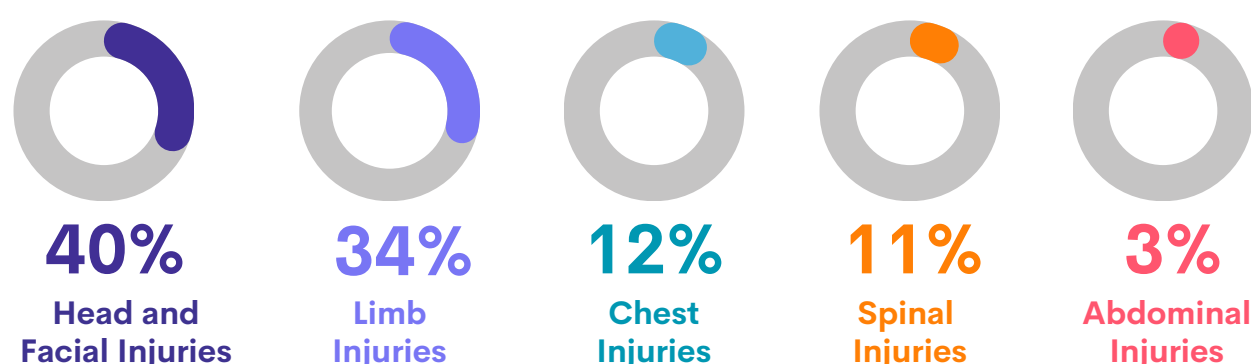


This distribution underscores the importance of preventing injuries among older adults, especially in the context of an rapidly ageing population.

TRAUMA DEATHS AMONG ADULTS

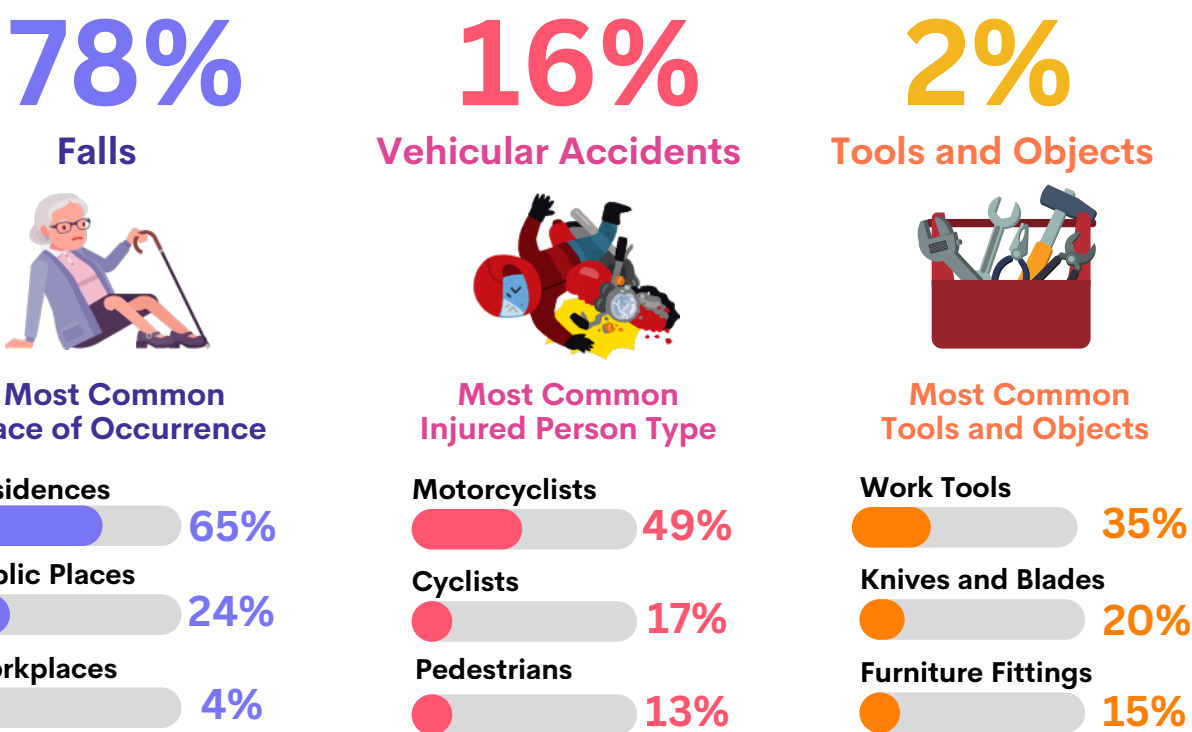


MOST COMMON INJURIES SUSTAINED AMONG ADULTS WITH MODERATE TO SEVERE INJURIES



Majority of the moderate to severe trauma cases among adults required hospital admissions and surgical interventions to treat the injuries.

MOST COMMON MECHANISM OF INJURIES AMONG ADULTS WITH MODERATE TO SEVERE INJURIES



Most moderate to severe adult injuries were due to Falls, followed by Vehicular Accidents and, to a lesser extent, injuries caused by Tools and Objects. Strengthening home safety, practicing road vigilance, and workplace safety are key steps to prevent such injuries among the adults.

PREVENTING INJURIES THROUGH AWARENESS AND ACTION

Injury prevention begins with everyone, and simple daily actions can make a big difference. By staying alert, following safety guidelines, and taking small precautions at home, on the road and at work, we can protect ourselves and those around us. Together, we can build a safer, healthier community where preventable injuries are kept at bay!



Ensure safety in the home, school and work environments.



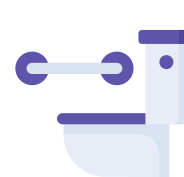
Keep floors dry, free of clutter and maintain clear walking paths.



Bundle up wires and tuck them neatly against the wall.



Keep a bedside lamp that can be easily switched on at night.



Install grab bars in the bathroom for extra support and use anti-slip mats.



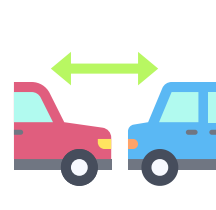
Be responsible, do not drink and drive.



Always use seatbelts when travelling in vehicles.



Adhere to speed limits, do not speed.



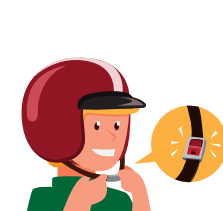
Maintain a safe distance between vehicles.



Stay alert while driving, do not use electronic devices.



Use pedestrian crossings when crossing the road, do not jaywalk.



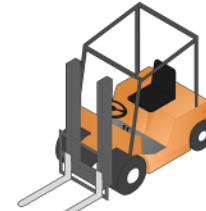
Always wear helmets when riding or cycling.



Use protective gear when engaging in high risk activities.



Be careful when handling tools, sharp objects and machineries.



Stay vigilant when operating powered industrial and commercial vehicles.

This infographic is brought to you by the National Trauma Unit, Singapore.