

MINOR INJURIES

Minor injury incidents reported via UPLOADS between September 2018 until 30 June 2025

The three most common sites of minor injury were:

HAND & FINGERS



2104
injuries

KNEE



1088
injuries

FACE



734
injuries

Of all minor injury incidents, the top three activities where they occurred and their contributory factors were:



Walking/running (2,526 incidents)

Environment: Terrain (1,068 CFs)

Participant: Mental/physical condition (593 CFs)



Camping [tents] (1,245 incidents)

Environment: Animal/insects (277 CFs)

Participant: Decisions (249 CFs)



Campcraft [cooking/campfires] (1,100 incidents)

Environment: Animal/insects (277 CFs)

Participant: Decisions (249 CFs)

CFs = The number of times each contributory factor was reported; Minor Injuries are defined as injuries that require localised care (non-evacuation) and have short-term effects

Led outdoor activity providers can improve injury reporting by:



Identifying the affected body part and injury type



Identifying and reporting additional factors that may have contributed to the injury



Reporting the relevant activity that was being undertaken when the injury occurred

Insights gained from improved reporting can contribute to:



Effective review of safety procedures



Improved teaching material/methods



Enhanced preparation for potential incidents



UPLOADS
Understanding and Preventing Led
Outdoor Accidents Data System

Australian National Incident Dataset

September 14, 2018 to June 30, 2025

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Data are reported from the National Incident Dataset with UPLOADS
reporting restrictions applied