

# 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**

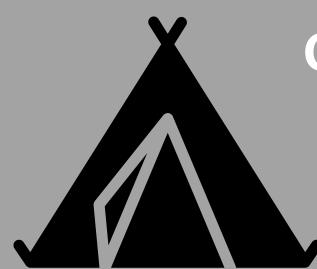
**Of all minor injury incidents, the top three activities where they occurred and their contributory factors were:**



**Walking/running (2,526 incidents)**

**Environment: Terrain (1,068 CFs)**

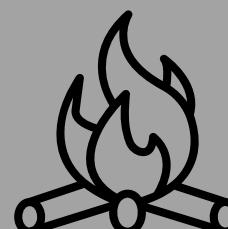
**Participant: Mental/physical condition (593 CFs)**



**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