

AB141. 99. Ladder injuries presenting to a major trauma centre

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Background: Ladders are present in most households, with users rarely considering the associated dangers. Unintentional falls are the leading cause of nonfatal injury in nearly all age groups, with ladders the tool most frequently involved. There is some data available on the demographic most associated with ladder falls, but little regarding the factors that influence the risk of a ladder fall.

Methods: This was a retrospective, cohort study involving adult patients referred to Cork University Hospital Fracture Clinic, following a ladder fall over a 12-month period. A questionnaire gathered data regarding demographics, ladder

characteristics, and task details. Injury details were obtained from clinic records.

Results: Forty-five patients were included. On average, patients were predominantly male (86.7%), aged 52.36 years (± 4.36), overweight (BMI 26.81), falling in domestic settings (64.4%). 53.3% were aged 46–65 years. The most common ladder types were step, straight, and extension (37.8%, 28.9%, and 22.2% respectively). Patients mostly injured their extremities (76.9%). 55.6% of injuries were upper body. About 24.4% of patients suffered vertebral injuries, predominantly lumbar (61.5%).

Conclusions: The highest risk group in ladder falls are middle-aged men, especially when overweight. People most frequently fell from step-ladders in domestic settings. Overall, injuries were mostly to the hand and wrist. Almost a quarter of injuries affected the vertebrae.

Keywords: Ladder falls; fracture; vertebral fracture

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