



34. Same Level Falls

During 24 years of working in Emergency Services, the following was one of the worst broken legs I've ever seen.

A 45 year old woman was walking at a quick pace to answer the door. She had ordered a pizza, and the delivery man was there. As she walked down the hardwood hallway and turned the corner to open the door, she stepped on a small area rug. The rug moved, and the woman fell. She heard a loud snap and screamed. The pizza guy opened the door and saw the woman on the floor. Her leg was broken halfway between the knee and the ankle. The lower part of her leg was lying next to the part just below her knee. The bottom of her foot was facing 180 degrees from where it should have been. It was an ugly break. There was serious bleeding as the sharp bone ends had broken the skin and cut arteries, nerves and skin. When we transported the woman to the hospital, the orthopedic surgeon wasn't sure he would be able to save the leg. All this from a same level fall.

You don't have to fall from a great height to be seriously injured. Dr. Atkins, famous for developing the Atkins diet, died from slipping on an icy sidewalk. He fell, hit his head, and died from a same level fall.

If someone falls from a 100 foot tower (30 meters), it makes the six o'clock news. If a person falls down 4 stairs at home and dies, that doesn't make the news.

Small falls aren't spectacular, but they can be just as deadly. Small falls can maim and kill.

 ... AT ALL TIMES!