

GEAR UP FOR SAFETY!

Studies show that 40-60% of riding accidents can be prevented through education and being prepared. Step one is to make sure you are properly supervised by an adult when you are riding or around horses. Next, learn from people more experienced than yourself – about horse behavior, superior horsemanship and rider safety. Riding is fun but can be dangerous, so please, be prepared before you get on a horse's back.

Reason for Patient Hospitalization in Horse-Related Injury Cases

Fractures of arms & legs	48%
Head & neck injuries	32%
Chest injuries	23%
Spinal injuries	20%
Abdominal injuries	18%



Based on 282 patients (some had multiple injuries)
SOURCE: UK Trauma Registry, UK Healthcare, University of Kentucky, 2005-2009

SPOT THE 8 DIFFERENCES: SAFE VS. UNSAFE

There are 8 dangers and 8 safe practices below. Circle the differences.



Answers: clothes fit (breeches and a shirt), hair in pony tail, wearing a helmet, boots with a "square heel, gloves, first aid kit in saddle pad pocket, safety vest with reflective tape, no dangling jewelry.