

Horses

Horses are common on many farms and account for many farm related injuries. These injuries can happen to both experienced and inexperienced riders. Most injuries happen during recreational riding and can occur while mounted or while dismounted and caring for the horse. Horses weigh more than 1000 pounds and can reach speeds of 35 miles per hour.

Common injuries are fractures, bruises, sprains and strains, internal injuries and concussions. Falls often cause most injuries, but horses can also kick, step on you, or fall on you.

Youth under 15 years account for 1 in 5 horse related emergency department visits in the US. Mounted injuries most often involve falling off or being thrown off a horse.

Dismounted injuries usually involve being kicked or stepped on by the horse.

*According to the National Children's Center for Rural and Agricultural Health and Safety and the US Consumer Product Safety Commission.

Horses must be respected and treated properly. Below are some horse safety tips -

- Receive proper training and supervision on riding style and horse safety

- Match the skill of the rider to the horse

- Be familiar with horses, their behavior, and safe horse-handling practices

- Wear approved ASTM equestrian helmet, non-skid boots and protective clothing

- Make sure the horse's tack fits well and is suited for riding to be done

- Inspect riding equipment and tack regularly and replace worn or damaged items

- Use safe riding arenas and trails

- Ride with a partner or group

- Be alert to things that can spook your horse – such as sudden noises or movements, crowds, insects, other animals, and weather

- Properly store riding equipment and tack after ride

- When loading or unloading your horse on a trailer, use 2 people to make the job easier

- Inspect your horse trailer when it is used

- Be prepared – know how to contact emergency medical services (EMS), take a first aid course, and have a first aid kit available.

Horseback riding can remain a safe activity with training and preparation.