

Did you know?

- A horse elevates a rider eight feet or more above the ground.
- A fall from as little as two feet can cause permanent brain damage.
- Horses gallop at 40 mph. A human skull can be shattered by impact at 4-6 mph.
- Head injuries account for 60% of deaths due to equestrian accidents.*

*American Medical Equestrian Association,
www.ameaonline.org.

BE PREPARED

Most injuries occur during pleasure riding. Cut out and complete this medical information card and tape it to the inside of your helmet. In the event of an accident, this information will prove helpful to first responders on the scene.

Name: _____ Age: _____

Emergency contact: _____
Name Phone

Critical Health Issues: _____

Medications: _____

Allergies: _____

*Brought to you by your
friends at*

Parker Adventist Hospital

✚ Centura Health.

Level III Trauma Center

9395 Crown Crest Blvd.
Parker, CO 80138

303-269-4590

www.parkerhospital.org

Littleton Adventist Hospital

✚ Centura Health.

Level II Trauma Center

7700 South Broadway
Littleton, CO 80122

303-730-8900

www.littletonhosp.org

EQUESTRIAN SAFETY



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The responsibility of caring for a horse, and the companionship that develops while riding a horse, can be extremely rewarding. However, due to the size, speed and unpredictable nature of a horse, proper safety precautions should be taken, to avoid serious injury.

According to the American Medical Equestrian Association, head injuries account for 60 percent of deaths due to equestrian accidents in the United States. In our area, due to the popularity of horse riding, equestrian-related injuries are among the top five injuries most commonly treated at both Parker and Littleton Adventist Hospital's emergency departments. That is why we are committed to promoting public awareness of equestrian-related injuries, injury prevention and public safety. This brochure provides an overview on what to do in the event of a horse-related injury, including prevention and safety tips to help you stay safe while enjoying the sport you love.

WHEN A HORSE-RELATED INJURY OCCURS

It is important to know what to do when a horse-related injury occurs. **When in doubt, call 911 immediately.** Ambulance and rescue personnel are specially trained to treat trauma-related injuries and can provide pain management and proper splinting, if necessary. Additional horse-related injury precautions include:

- If a rider/handler is injured, notify any on-site emergency personnel immediately. If no medical help is available, and CPR is necessary, start CPR until rescue personnel arrives if you are properly trained to administer CPR.
- If a rider/handler is injured, or is experiencing pain in the abdomen, legs, arms, back, head or neck, **DO NOT ATTEMPT TO MOVE THEM.** An injury may be worsened by movement.
- If a rider/handler has isolated bleeding, apply pressure with a clean towel; if bone is exposed,

apply pressure above the wound opening *only* if there is active, vigorous bleeding.

- If a rider/handler is unconscious, not breathing or has no palpable pulse, CALL 911 IMMEDIATELY and start CPR.
- Do not give food or water to an injured rider/handler until he/she has been medically evaluated.
- If a rider/handler has experienced minor injuries and is alert and conscious, you can take them to the nearest emergency department/trauma center. Drive carefully and do not speed. This increases your chances of getting into an accident and speeding may also cause additional injuries to the hurt individual.
- If you are transporting an injured person to the hospital, and their condition worsens en route, pull over to the side of the road and call 911, or stop at the nearest fire station. **DO NOT ATTEMPT TO DRIVE FASTER.**
- In the presence of any pain or change in mental functioning, it is best to be medically evaluated before returning to equestrian activities.

ALL HORSE-RELATED INJURIES SHOULD BE TAKEN SERIOUSLY. Call 911 regardless of the nature or severity of the injury for proper medical treatment and pain management.

HELMETS SAVE LIVES

Approximately 12 to 15 million people in the United States ride a horse or pony. That's why the American Medical Equestrian Association/Safe Riders Foundation, with support from the American Academy of Pediatrics and The American Medical Association, now recommends that all horseback riders wear a properly fitted, certified equestrian helmet with a secured harness when riding. The financial and emotional costs of an acute head injury can be staggering. Properly fitted helmets can prevent death and reduce the severity of head injuries.

Racing organizations require helmets and, as a result, jockeys now suffer fewer head injuries than pleasure riders. Other associations that require or recommend helmets and vests for competition are the following:

Helmets

- **United States Equestrian Federation**
Juniors (18 and under)
REQUIRED; All jumping RECOMMENDED
- **United States Eventing Association**
All jumping REQUIRED
- **United States Dressage Federation**
RECOMMENDED
- **Professional Rodeo Cowboys Association**
Head gear and vests RECOMMENDED for some events
- **National Barrel Horse Association**
Helmets and shin guards RECOMMENDED
- **American Quarter Horse Association, American Paint Horse Association, International Arabian Horse Association and Appaloosa Horse Club**
Jumping and games RECOMMENDED

Vests

- **U.S. Eventing Association**
Cross country REQUIRED

To be effective, helmets should be designed specifically for equestrian activities and be certified by the American Society for Testing and Materials/Safety Equipment Institute (ASTM/SEI). Other types of helmets, including bike helmets, are inadequate.