

Liskennett Equine Centre Stable Safety Rules

- 1. Always wear safe clothing and use equipment that is in good repair.** Always wear boots to protect your feet should you get stepped on when you are working near horses. Wear full length trousers to protect your legs, especially while riding. Your clothing should be well fitted so that it does not catch on any farm equipment.
- 2. Never run, make sudden movements or sudden loud noises around horses.** Some horses will become startled from sudden actions or noises and a startled horse is more likely to cause injury to you than a calm one.
- 3. Never approach a horse directly from the front or rear.** Always approach the horse by his shoulder or to the side. Never stand directly in front or directly behind a horse, even when you are brushing his tail or forelock, because he may not be able to see you well.
- 4. Whenever you are near a horse, always make sure he knows where you are by speaking to him or keeping a hand on his body as you move around him.** When you walk around a horse, either walk far enough away that you are not in his kicking range (at least 12 ft.), or so close that you cannot receive a full blow should he kick.
- 5. Always let a horse know what you intend to do.** For example, when picking up his feet, do not grab the foot hurriedly. Instead, run your hand down starting at his shoulder and down to his pastern (just above his hoof), and the horse should pick up his foot for you.

6. When holding the lead rope, always fold the extra rope back and forth instead of around in a loop. Then, hold the rope around the outside of the bundle. Never, ever loop the extra rope (or any equipment), around your hand or other body part. If you do this and the horse pulls away, the rope can tighten around your hand or fingers, possibly causing serious injury should the horse then take off running.

7. Never hold the horse's halter with your hand when leading. Your hand could get stuck if the horse tosses his head and/or decides to spook or take off running. It is very, very dangerous. Always use a lead rope when leading a horse, and hold it in both hands.

8. Remember that the horse is much stronger than you are. If the horse becomes startled and attempts to run, just let go of him. If you hang on to the lead rope while the horse tries to escape, you may put yourself in danger of being knocked over, dragged or trampled. Remember that the horse can always be caught again, and your safety is the most important.

9. Whenever you are leading a horse through an entranceway or doorway, be sure that there is at least 4 feet of clear space on either side of him. Open all gates and stall doors all of the way before walking through them. Never lead a horse through an opening smaller than this, as a horse can injure his side or hip on the corner of a gate or doorway. This will also give both you and the horse more room to react should he become frightened from accidentally bumping against the opening of the entranceway.

10. Never drop your reins on the ground, hook cross ties directly to a horse's bit or tie your horse by the reins to a stationary object. If your horse were to panic, he could injure his mouth, neck, and head attempting to break free.

11. Always work with the horse on his left side when you are saddling, leading, mounting, and dismounting.

12. Always wear an ASTM approved helmet when riding. Accidents always occur when you are least expecting them.

13. To decrease the possibility of you being kicked when turning out your horse, always lead him all the way through the gate and turn him around to face the gate. When you remove his halter, be sure to step well out of the way, since some horses become excited when being turned out and immediately turn to buck and run.

14. Clean up after your horse in the stable and washstall. This means disposing of all manure with the shovels and wheelbarrows provided.

15. No dogs on the property.

16. If in doubt, ask!! If you are not sure how to do something, never hesitate to ask for help from your riding instructor or even other riders in the stable. You are here to learn, and people will always be more than happy to help you. There are no stupid questions, just unsafe actions!

17. No Smoking

18. Turn off Mobile phones