

Avoiding contamination from Human Medication

Template policy for individual yards to amend to reflect their own policies and requirements

Policy Purpose and Scope

To provide advice to employees, third party contractors and visitors in order to minimise the risk of cross contamination of human medication to horses within our care which may result in a positive test for a prohibited substance.

There is a real risk of cross contamination and it is essential that all employees, contractors and visitors take great care and follow this policy. Should anyone wish to discuss in confidence any concerns they have about medication they are taking and the risks of cross contamination then please speak to

The policy applies to any medication be it prescription or over the counter medication including hay fever tablets and topical medication such as Voltoral gel.

- Human medication should be kept away from the stable yard and any other areas/items the horse may come into contact with. If it is essential that it is carried on the person for emergency purposes then it should be kept in its original packaging and in a zip lock bag or sealed Tupperware type box.
- Wherever possible human medication should be taken after any close contact with the horse rather than immediately before, e.g. at the end of the day rather than at the start of the day.
- If anyone is using topical medication, such as those containing ibuprofen or diclofenac (Voltoral gel) then particular care should be taken especially if they are used on part of the body that may come into contact with the horse, such as a bare arm.
- Staff, contractors and visitors must wash their hands thoroughly with soap and water after taking any medication to ensure there is no residue left on their hands before handling horses or equipment
- Do not urinate in stables (yard or racecourse) – there is a real risk of cross contamination

Status

This policy is non contractual and may be amended at any time.