

## **HEALTH AND SAFETY**

### **RIDING HELMETS**

1. Riding helmets must be worn at all times when riding a horse.
2. The chin strap must be securely fastened at all times when on a horse.
3. The helmet must comply with current British standards.
4. Your employer will supply the helmet.
5. You do not have to pay for your helmet unless you decide to buy it from your employer on termination of your employment.
6. The helmet must fit you correctly.
7. The helmet belongs to your employer and must be returned to your employer on termination of your employment unless you agree to buy it from your employer.
8. If you drop or damage your helmet you should tell your employer.

**DO NOT UNDO THE CHIN STRAP BEFORE GETTING OFF YOUR HORSE.**

### **TACK**

**Check your tack daily before use. If any item looks in need of repair it should not be used and it should be taken to .....**

### **BOOTS**

**Wellington boots or footwear with ribbed soles are not suitable footwear when mounted.**

### **JEWELLERY**

**Jewellery should not be worn when in contact with horses.**

**YOU MUST TAKE REASONABLE CARE FOR THE HEALTH AND SAFETY  
OF YOURSELF AND OF OTHER PEOPLE.**