# A screen shot of a computer  Description automatically generatedEquine personal protective equipment

To ensure use of the proper equipment, assess the work you will be performing and what potential hazards exist. Examples of workplace hazards include moving objects or large animals, falls, or being struck by. The next step is selecting the appropriate PPE based on the risks identified with the job and the environment in which you will be performing it. PPE only works when it is right for the job and the environment.

***Types of PPE include:***

**Outerwear:** The importance of choosing proper protective clothing is often overlooked and its benefits cannot be underestimated. This form of PPE covers the largest portion of your body and can help protect you from a variety of workplace hazards. Examples of protective clothing include long pants or jeans, preferably without an inner seam. Adding chaps can be beneficial for extended periods of riding. Shirts can be long or short sleeved and fitted so as not to entangle in any equipment being used. An additional safety vest is recommended to prevent injuries to the core if a fall from the horse occurs.

**Hand Protection:** Gloves are an inexpensive and simple way to guard against many hazards. Hand protection comes in an assortment of styles, materials and sizes. Fit is also an important consideration because if gloves are too large, they can impair the dexterity of your hands or cause you to lose your grip, potentially causing an accident. Durable riding gloves should be worn to protect from soreness, blisters and dirt.

**Footwear:** Selecting the appropriate footwear can protect you from stepping on sharp objects, being stepped on, hazardous substances, falling objects and slips and falls. It is important that you select the appropriate footwear for the job that you are performing and the environment. A boot with a hard toe is preferred as well as a heel to prevent slipping through the stirrup.

**Head Protection:** An appropriate protective hat or cap should be worn when there is the risk of head injury such as falling from the horse. An approved safety helmet or hat should be selected and worn. This includes having a hard shell and chin strap.

**Eye Protection** Using proper eye protection can help prevent injury and even blindness. Safety glasses can protect from flying fragments, dust, sand, dirt and other environmental hazards.

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