



*Photograph Courtesy of Yolo
County 4-H Program*

SAFE HORSEBACK RIDING PRACTICES

Information available from the U.S. Consumer Product Safety Commission indicates approximately 22,000 youth aged 18 years and younger were treated in hospitals for horseback riding injuries during 2005. Most injuries occurred when riders either fell or were thrown from horses. Broken bones, bruises, sprains, and concussions were the most common types of injuries. Many of these injuries could have been prevented by being aware of potential hazards and using safe horseback riding practices. For additional information about horseback riding safety, go to the Clover Safe note at: <http://ucanr.org/cloversafe>.

Clover Safe Notes are prepared by the UC ANR Office of Environmental Health & Safety, in support of the Statewide 4-H Youth Development Program.

