



# Australian Trail Horse Riders Association (Club Name) Horse Trail Riding Club



**In case of an emergency please follow these important steps:**

Do not Panic – Remain Calm

**Qualified First Aiders:**

- (List your first aiders here)
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<p><b><i>To be performed by a First Aider:</i></b></p> <ul style="list-style-type: none"> <li>- Follow DRABC: <b>D</b>anger, <b>R</b>esponse, <b>A</b>irways, <b>B</b>reathing, <b>C</b>irculation</li> <li>- Place in recovery position</li> <li>- Ambulance should be contacted ASAP</li> </ul>	<p><b><i>If not a qualified First Aider:</i></b></p> <ul style="list-style-type: none"> <li>- Call ambulance ('000' or '112')</li> <li>- Keep casualty warm and comfortable</li> <li>- Stay with casualty until help arrives</li> </ul> <p>Notify Trail Boss immediately in emergency</p>
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**CPR**

- Clear airways and check for breathing
- Compressions **30 : 2**
- Check for pulse once a minute
- When pulse achieved, roll patient into recovery position

**Fractures**

- Ask patient not to move injured part
- Control bleeding, cover wounds, check bandaging not too tight
- Immobilise fracture, use wide bandages, support limb
- Call ambulance

**For Sprains/Strains:**

- Rest, Ice, Compression, Elevation

**Hospitals: (000)**

Shellharbour Hospital	Madigan Boulevard, Warilla	4296 6666
Wollongong Hospital	Crown St, Wollongong	4222 5000
Shoalhaven Hospital	Shoalhaven St, Nowra	4421 3111
Goulburn Hospital	130 Goldsmith Street, Goulburn	4827.3111
Southern Highlands Private	Bowral Street, Bowral	4862.9400
Bowral Hospital	Mona Road, Bowral	4861.0200

**Police: (000)**

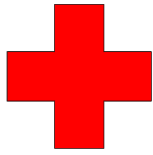
Warilla/Area command	Lake Entrance Rd	4295 2699
Bowral	Wingecarribee St, Bowral	4862.9299
Bundanoon	Anzac Pde, Bundanoon	4883.6044
Moss Vale	Elizabeth St, Moss Vale	4868.1222

**Fire: (000)**

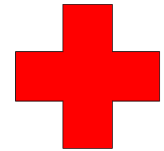
Area Command		4224 2000
Albion Park		4256 2500
Moss Vale		4868.1288

**State Emergency Service:**

State HQ	Regent St, Wollongong	4226 2444
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Ambulance	000 or 112
Poisons Information Centre	131126
Directory Assistance	12455
After Hours GP Service	1300-130147
State Emergency Service	132500

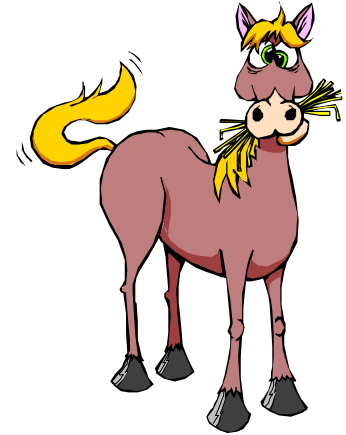


## Symptoms/First Aid for Horses

### Colic

Signs/Symptoms:

- Attempting to lie down, pawing, kicking at belly.
- Excessive sweating
- Resting heart rate over 40bpm, resting respiration over 20bpm



### Tying Up

Signs/Symptoms:

- Sudden reluctance/inability to move
- Excessive sweating
- Resting heart rate over 60bpm, resting respiration over 30bpm
- Hard, tense hindquarter muscles; Swishing tail

### Wounds

- Clean wound with Betadine and/or fresh, cold water (for mild abrasion, in which skin intact and only hair has peeled away, no further treatment should be necessary).
- If skin broken but can't be separated (as in some rope burns), apply antibiotic solution.
- Puncture wound, flush with dilute Betadine solution (10 parts water to one part Betadine). If wound is near a joint and 'bubbly' yellow joint fluid seeping from it, apply protective wrap.
- If available, administer 'bute' to relieve pain, and reduce inflammation/swelling.
- For puncture or full-thickness skin wound, return slowly to camp and request veterinary assistance. If unable to walk send for back-up assistance.

### Veterinarians:

Albion Park Rail Vet Hospital	2 Kaylaur Crescent Albion Park Rail	4256 5359
Albion Park Veterinary Hospital	122 Tongarra Road Albion Park	4234 1317
David Brown	Collins St. Kiama	4233 1781
Goulburn Vet. Clinic	62 Union St, Goulburn	4822.1533
Moss Vale Vet. Hospital	Bong Bong, Moss Vale	4868.1400
Retford Equine Vet Clinic	Old South Rd, Bowral	4861.1166

RSPCA	02-4228.9495
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