



Examples of PPE in Racing

Common PPE items include:

<p>Headwear</p> 	<p>Helmets need to be worn at all times before mounting and while riding a horse. This is to reduce the risk of head injury in the case of a fall.</p>
<p>Eye protection</p> 	<p>Goggles should be fitted for the purpose and job and must be worn when riding a horse to reduce potential damage to the eyes that could occur.</p>
<p>Hand protection</p> 	<p>Whether you are riding a horse or are working in the stables, gloves can prevent your hands from being damaged. They can also prevent hazardous substances from entering your body through hand contact.</p>
<p>Body protection</p> 	<p>Trackwork riders must only wear approved equipment and should only be mounted on a horse when they are wearing a body protector or safety vest. Riders, as well as Stablehands, are also recommended to wear fluro vests (at right) to enhance visibility, especially during early mornings when there is minimal or no sunlight.</p> 
<p>Feet protection</p> 	<p>Footwear needs to meet Australian Standards and be right for the workplace and weather conditions. Non-slip footwear should be worn when working in and around the stables.</p> <p>Trackwork riders should wear approved riding boots while riding horses.</p>
<p>Safety Light</p> 	<p><u>New Rules regarding Helmets & Safety vests</u></p> <p>Bright coloured safety lights add extra visibility to trackwork riders during early morning rides. These should be mounted to the rider's helmet.</p>



Under the Rules of Racing, when riding in darkness a rider must affix a safety warning light to their helmet (AR 122(5)).

Racing Australia has approved changes to **AR 122** and **AR 123** such that when riding in darkness riders may now wear either:

- a helmet with a safety light affixed to it (as per the current rule); or
- a harness/braces with safety lights over the top of a safety vest.

Note: Under the Rules, trackwork may only be conducted where the Stewards have ruled that sufficient natural or artificial lighting exists

Remember that PPE will only assist in preventing damage. While it is important to use it, and use it properly, other safety measures must also be followed.

Safety Reminder: Electronic devices not permitted while riding



All licensed riders must be aware and adhere to Australian Rule **AR 113 Electronic devices not permitted while riding**

Unless permitted by the Stewards, when mounted on a horse a rider must not hold or use any mobile phone, radio or other electronic appliance, apparatus, instrument or equipment capable of receiving, transmitting or playing information.

Disclaimer: Industry workers should refer to the Rules of Racing for any updates on approved PPE.
Contact the RNSW Stewards Department for approved PPE enquiries on (02) 9551 7500