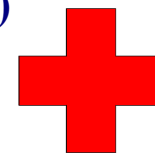




Australian Trail Horse Riders Association (NSW)

Snowy Mountains

(February 2005)



In case of an emergency please follow these important steps:

Don't Panic - Remain Calm

First aid supplies contained in yellow rolls behind saddle carried by qualified first aiders

Qualified First Aiders – Lake Macquarie Club (as of 20.1.05):

Harold Barnard
Gail Ferris
Jackie Mann
Bev Sullivan



| | |
|--|--|
| <p>To be performed by a First Aider:</p> <ul style="list-style-type: none"> - Follow DRABC: Danger, Response, Airways, Breathing, Circulation - Place in recovery position - Ambulance should be contacted ASAP | <p>If not a qualified First Aider:</p> <ul style="list-style-type: none"> - Call ambulance ('000' or '112') - Keep casualty warm and comfortable - Stay with casualty until help arrives <p>Notify Trail Boss immediately in emergency</p> |
|--|--|

CPR

- Clear airways and check for breathing
- Compressions **15 : 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 (Emergency/Casualty only):

| | |
|------------------------|-----------|
| Cooma (Bent Street) | 6455.3222 |
| Tumut (Simpson Street) | 6947.1555 |

Police

| | |
|------------------------------------|-----------|
| Adaminaby (Cnr York & Dennison St) | 6454.2244 |
| Cooma (Massie Street) | 6452.0099 |
| Tumut (Wynard Street) | 6947.7199 |

Ambulance

| | |
|-------------|---------------|
| Cooma/Tumut | 000 / 13.1213 |
|-------------|---------------|

Fire

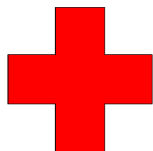
| | |
|--------------------------|-----------------|
| Cooma (Massie Street) | 000 / 6452.2037 |
| Tumut (76 Capper Street) | 000 / 6947.0542 |

State Emergency Service

| | |
|-------|-----------|
| Cooma | 6452.3763 |
| Tumut | 6947.2877 |

NRMA

| | |
|---------------------------|-----------|
| Adaminaby (Ampol) | 6454.2256 |
| Tumut (19 Russell Street) | 6947.2989 |



| | |
|----------------------------|-------------|
| Ambulance | 000 or 112 |
| Poisons Information Centre | 131126 |
| Directory Assistance | 12455 |
| After Hours GP Service | 1300-130147 |
| State Emergency Service | 132500 |



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:

Cooma
Tumut

Cooma Veterinary Clinic (47 Baron Street)
Tumut Veterinary Clinic (78 Adelong Road)

6452.2029
6947.3122

| | |
|-------|--------------|
| RSPCA | 02-6581.0380 |
|-------|--------------|