

# Online HorseCollege



## **Student Workbook**

**3.T.11 Provide First Aid**

[www.OnlineHorseCollege.com](http://www.OnlineHorseCollege.com)

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## ***Provide First Aid 3.T.11 Workbook***

Students are to complete Riding 3.R online assessments prior to attempting Teaching 3.T and to follow all recommended safety considerations.

Practical assessments for Teaching 3.T.09-12 are as follows:

- A) Coaching Practices
- B) Coaching Special Groups
- C) Provide First Aid
- D) First Aid Scenario

These assessments incorporate the following unit from the SIS30710 Sport Industry Training Package which include the listed elements

SISSCGP201A Apply legal and ethical coaching practices

- Apply legal responsibilities to coaching
- Apply ethical responsibilities to coaching or instruction
- Develop coaching practices

SISSCGP306A Customise coaching for special needs groups

- Consult with athletes to determine special needs
- Plan coaching session to include special needs groups
- Deliver coaching session to include special needs groups
- Evaluate coaching session

HLTFA301B Apply first aid

- Assess the situation
- Apply first aid procedures
- Communicate details of the incident
- Evaluate own performance

Further information about this assessment is available at [www.training.gov.au](http://www.training.gov.au)

## **Provide First Aid Introduction**

This workbook aims to improve how you view your surroundings in relation to being able to identify hazards and risks, determining the consequences of those risks and taking appropriate action. The horse industry will never be completely free from risk or hazards but it is possible to avoid or minimise these.

## Hazards

A 'hazard' is a potentially harmful situation and involves something that could be potentially harmful to the environment or a person's life, health or property.

Hazards can be classified into different categories:-

**Mitigated** – Actions have been taken to ensure the identified potential hazard does not become an incident. Though it is not a guarantee.

**Potential** – A hazard is in a position to affect people, property and/or the environment.

**Active** – No intervention is possible and the hazard is certain to cause harm.

**Dormant** – A likely hazardous situation but no people, property or the environment will be currently affected.

There can be many causes of hazards but a broad classification can be:-

**Activity related** – Where by the hazard is created from undertaking a particular activity.

**Natural** – This includes anything which is a result of a natural process.

**Man-made** – This means hazards which are created by people and has a huge range of possibilities.

Examples of hazards you may come across in the horse industry are:-

**Activity related** – Horse riding

**Natural** – Sunburn

**Man-made** – Wet, slippery wash-bay





## Types of Hazards

Hazards can be classified into 5 categories mechanical, physical, biological, chemical and psycho-social.



### Mechanical

These are hazards which are presented through manual handling such as, lifting or pulling, unguarded machinery or gravitational energy such as people or objects falling.

An example of a mechanical hazard in the horse industry could be lifting heavy hay-bales.



### Physical

These are hazards which may exist in the surrounds or environment which you work such as, cold and heat extremes, dust, lighting, noise, vibrations, radiation, pressure and electricity.

An example of a physical hazard in the horse industry could be teaching in a dusty, uncovered arena during summer months.



### Biological

Biological hazards are viruses, bacterial, fungi or pathogen hazards which can be animal, human or vegetable borne

An example of a biological hazard in the horse industry could be Hendra (morbili) virus or Equine Influenza



### Chemical

Are those which are cause by chemical compounds or reaction.

An example of a chemical hazard in the horse industry could be tip dip or worming pastes.



### Psycho-social

Are hazards brought about by social interactions or situations in the workplace, such as violence, bullying, stress, over-work or harassment.

An example of a psycho-social hazard in the horse industry could be dealing with complaints from unhappy customers.

## Risks

'Risk' is the probability of a specific event occurring or an uncertainty of outcome. It can be an event which can have an adversely or beneficial (negative or positive) affect on objectives.

To put it simply,

**Risk = The probability of an event occurring X The impact from the event occurring**

Risks can be managed to minimise the probability of the event occurring or to minimise the impact should the event occur. To manage risks you need to undertake Risk assessment. This involves identifying what the risks are and what the potential results could arise from that risk occurring. A risk assessment should involve identifying the hazard and who or what will be affected, evaluation of the risk and identifying and prioritising how to control or minimise it.

For Example a risk in the horse industry could be riding without a helmet. The risk being that you may fall off. The impacts from that event occurring are many but at the least you may receive minor injuries, whilst at the other end of the scale you may need to be hospitalised.

Risks can present at different levels too. Risks can be of low, moderate or high standards. For the above scenario the risk of falling off maybe lower is riding an aged, balanced school master but it would be considerably higher if you were riding a young, uneducated horse.

Examples:-

**Low risk** – Being kicked when feeding horses over the fence

**Moderate risk** – Being kicked whilst feeding a horse, kept on its own, from inside the paddock

**High risk** - Being kicked whilst feeding a group of horses in a paddock





## Material Safety Data Sheets (MSDS)

These forms contain data regarding properties of a particular substance. They provide information regarding the handling practices and procedures for working with that particular substance in a safe manner.

It will include information about:-

- storage
- disposal
- protective equipment required
- reactivity
- first aid
- toxicity
- health effects
- physical data such as melting and boiling points
- safe handling methods

When using an MSDS it is important to refer to one which is specific to your country and the supplier as different formulations exist in different countries.



## Extension Lesson

Perform a Risk Assessment at your establishment. Identify the risk/s and record what the potential outcomes could be from it occurring and what can be done to control or prevent it from occurring.

<b>Risk Identified</b>	<b>Potential results from the risk occurring</b>	<b>Control or prevention measures/action.</b>

Identify some hazards in your horse area and record whether they are natural, man-made or activity related.

<b>Hazard</b>	<b>Natural?</b>	<b>Man-made?</b>	<b>Activity Related?</b>

## Recommended Reading

### Websites:-

[http://www.stjohn.org.au/index.php?option=com\\_content&view=article&id=22&Itemid=34](http://www.stjohn.org.au/index.php?option=com_content&view=article&id=22&Itemid=34) -  
First aid fact sheets

## References

### Webpages:-

<http://en.wikipedia.org/wiki/Hazard>

<http://en.wikipedia.org/wiki/Risk>

[http://en.wikipedia.org/wiki/Mechanical\\_hazard#Common\\_workplace\\_hazard\\_groups](http://en.wikipedia.org/wiki/Mechanical_hazard#Common_workplace_hazard_groups)

<http://en.wikipedia.org/wiki/Msds>

### Images:-

Page 6                      [www.coombemill.com/winter-breaks.htm](http://www.coombemill.com/winter-breaks.htm)

Page 7                      [www.inmagine.com/crb228/crb228013-photo](http://www.inmagine.com/crb228/crb228013-photo)

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