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Tell us about your horse-related injury

Horse riding and handling injuries are more common than most people think. While novice riders and children are more likely to be injured, even instructor-level riders have nearly a 40 percent chance of being seriously injured in their lifetime.

To reduce the number and severity of horse-related injuries, a coalition of more than 30 medical and equine organizations led by UK HealthCare and the UK College of Agriculture Equine Initiative have embarked on a campaign to educate the riding community about horse safety. The Saddle Up SAFELY campaign is inspired by studies that show 40 to 60 percent of injured riders say their injuries were preventable and due to rider error.

If you have been injured riding or handling a horse, tell us about the experience. Visit **SaddleUpSAFELY.org** to share how you were hurt and include any advice you may have on how to prevent similar injuries. Share your safety tips by Wednesday, June 30, and you will be eligible to win one of several exciting prizes including four tickets to the Alltech FEI World Equestrian Games!

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Dr. Fernanda C. Camargo and her friend Skye.



Read Dr. Camargo's horseback riding safety blog by following the link at **saddleupSAFELY.org**.