

RWG HORSEMANSHIP

Helmet Safety

Riding horses is considered a high risk activity by the EMSA, it is higher risk than skiing, football and riding a motorcycle. While most head injuries occur from an unpredictable incident 20% of injuries happen just being around horses. Head injuries is the leading cause for deaths and hospital admission. Most deaths from head injury can be prevented simply by wearing an approved ASTM/SEI riding helmet that is fit and worn correctly. To get the most out of your helmet be sure you bought a helmet that fits your head best and adjust your helmet before every ride, making sure your chin strap is snug.

Why ASTM/SEI Certified riding helmet? ASTM/SEI certified helmets have been tested for safety and meet safety standards.

Where to buy a helmet in Oklahoma City

Red Earth Feed and Tack

2301 E I- 44 Service Rd, Oklahoma City, OK 73111

National Saddlery Co.

1400 S Agnew Ave, Oklahoma City, OK 73108

How to fit a helmet

1. The front rim of the helmet should sit about one inch above the riders eyebrows.
2. The side straps should make a "V" shape directly under the rider's ears.
3. Helmet should fit snug on the head and should not be able to move front to back or side to side with the chin strap clasped leaving only enough room for one to two fingers.