* Select clothing that provides protection from the elements, warm or cold, and allows for free fluid movement.
* When and where possible remove yourself from harsh conditions, excessive heat and cold.
* Work in shaded or sheltered areas at best time of the day for light and weather conditions most suitable to the physical task you are performing. When possible choose to work in the cool part of early days or evenings in summer.
* Use sunscreen as required
* Do not overexert yourself, work within your capacity and limitations. If doing multiple horses at one site and can minimize movement and effort by having multiple horses in proximity and being worked on at same stages, ensure you have cooperative horses and are not overextending yourself.
* Take breaks between horses when and where possible to avoid over exertion and heat related distress in summer. In winter take time between horses to ensure maintaining your body heat and warmth.
* Avoid excessive exposure to wind and weather.
* If conditions are too harsh rebook with your client

**Disclaimer:** This resource is intended for guidance and employers are advised to customize this document or design their own to meet their business needs and legal obligations. Once customized from its original content this disclaimer may be removed to function as part of your Safety Program. This resource does not relieve persons using it from their responsibilities under applicable legislation. If you need assistance contact us at www.AgSafeBC.ca