

EMA

Equine Massage Academy Ltd

Therapy Education Research

How Safe Is Your Horse—Really?



When it comes to keeping our horses safe, most of us think:

“They’re well cared for—they’ll be fine.”

So we:

- Focus on feeding and turnout
- Keep up with routine care
- Travel, train, and compete
- Trust familiar environments

But what if everyday habits are exposing your horse to risks you can't see?

The Missing Piece

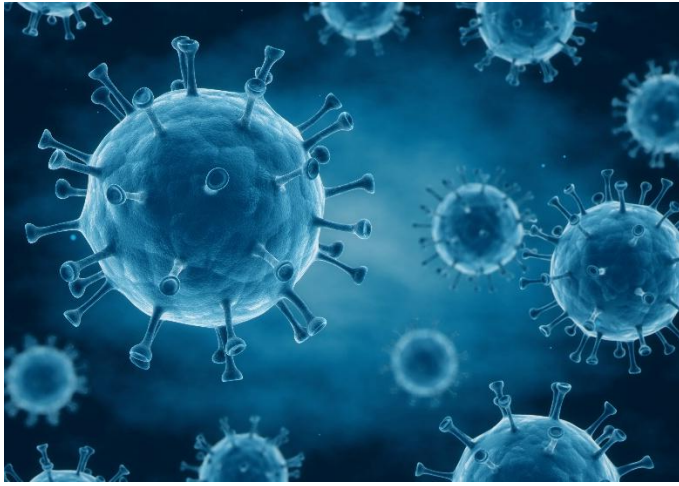
The biggest assumption is:

👉 “If it looks clean and normal, it must be safe.”

But many risks are **invisible**.

Horses are regularly exposed to:

- Pathogens (viruses, bacteria, parasites)



- Environmental toxins
- Contaminated surfaces and equipment
- Other horses carrying illness

Often without any obvious signs—until it's too late.

What Many Owners Don't Realise

Simple, everyday situations can increase risk:

- Sharing water sources (buckets, troughs, hoses)
- Using communal equipment (brushes, tack, tools)
- Close contact with unfamiliar horses
- Travelling to multiple venues
- Handling different horses without sanitising hands in between

And also:

- Allowing horses to touch noses
- Using the same headcollar or lead rope between horses
- Standing horses in areas where others have recently been tied or worked
- Not fully cleaning trailers or lorries between journeys
- Wearing the same gloves, clothing, or boots between horses or yards
- Letting horses graze or stand where others have recently been

- Not isolating new or returning horses
- Picking up equipment from the ground at shows and reusing it
- Sharing feed bowls or treats between horses

These are all very normal behaviours.

👉 But they create easy pathways for disease and contamination to spread.

What Actually Matters

1. Biosecurity Isn't Just for Yards or Professionals

It applies to:

- Leisure horse owners
- Competitors
- Livery yards
- Anyone handling more than one horse especially riding instructors, therapists etc

Because risk doesn't depend on experience—it depends on exposure.

2. Small Actions Make a Big Difference

Things like:

- Not sharing tack or equipment – do not borrow something if you can't find yours
- Managing water sources carefully
- Being aware of contact between horses
- Cleaning and disinfecting where needed

Can significantly reduce risk.

3. Competing and Travelling Increase Exposure

When you leave your yard, your horse is exposed to:

- New environments
- New horses
- New pathogens

Even healthy-looking horses can carry and spread disease.

👉 This is one of the highest-risk situations—and often the least managed.

⚠️ The Risk of Getting It Wrong

If biosecurity is overlooked, you may face:

- Illness spreading quickly
- Time off work or competition
- Increased veterinary costs
- Serious welfare implications

And in some cases—long-term consequences.

A Smarter Approach

Instead of asking:

👉 “Is my horse healthy?”

Ask:

👉 “What risks is my horse being exposed to—and how can I reduce them?”

Where You Come In

You don't need to create a sterile environment.

But you *do* need to understand:

- Where risks come from
- How they spread
- What practical steps reduce exposure
- What to do in higher-risk situations

Because awareness changes everything.

Want to Protect Your Horse More Effectively?

Inside our sit back and learn **Equine Biosecurity Best Practice Protocols course**
[LINK](#)

you'll learn:

- How diseases and toxins are commonly spread
- Where the biggest risks actually are
- Practical steps to reduce exposure every day
- What to do when travelling or competing
- How to protect not just your horse—but others too

You can also download posters and stickers to use on a yard and in vehicles

So you can:

- Reduce risk
- Make informed decisions
- Protect your horse's health and performance
- Feel confident in your management

Because keeping your horse safe isn't just about what you can see...

👉 It's about understanding what you can't.

Keep Your Horse and Others Safe – Stop Disease from Spreading!

Our courses are approved by:

