

# JTA: Stablehand

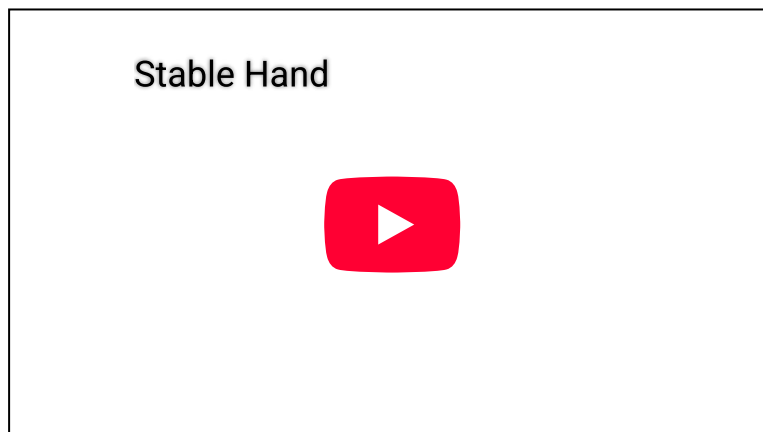
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A Stablehand is responsible for the care and management of horses. Working independently, they carry out duties such as stable cleaning, feeding, grooming, handling, and tacking, all conducted onsite within the stables.



Onsite: Stable hands complete work predominantly in the stables area. Stable hands work in a combination of both covered and uncovered environments with exposure to the outdoor elements.

Offsite: Stable hands offsite work completing these same duties at races or events, where locations can be varied. Exposure to cold and warm temperatures.



## General Stable Duties

- Removal of water buckets, feed bins and hay bags from the horse box, requiring bending, stooping, reaching, and sufficient grip strength to lift and transport items to the designated area.
- Taking horses temperature and administering medication to horses requires fine motor skills.
- Rugging and un-rugging horses requires bending, stooping, reaching, and fine motor skills, including overhead lifting of rugs weighing up to approximately 4 kilograms.

## Preparing Horses for Training (Tacking)

- Prepare equipment and select appropriate saddle, saddle pad, and girth for each horse.
- Place saddle pad and saddle correctly on horses back. Requires forward reaching, manual dexterity and lifting of 5 kilograms.
- Secure the girth to ensure comfort and safety. Requires fine motor skills and grip strength.
- Adjust straps and check bridle fit. Requires fine motor skills, pull down motion and grip strength.
- Prolonged standing required when saddling horse.
- Placing bridle on a horse involves forward and lateral reaching. Use of dexterity and grip strength to tighten bridle to fit industry standards. Occasional bending when moving around horse to check fit.

## Unsaddling

- Tie horse up securely requires fine motor skills and grip strength.
- Loosen and remove girth and saddle requires manual dexterity, fine motor skills and grip strength.
- Lift saddle and saddle pad off horses back requires lifting and carrying up to 5 kilograms.
- Use of cloth to wipe down and clean the horses back to remove sweat and dirt. Shoulder rotation, bending and forward and lateral reaching required.
- Clean tack equipment as required.

## Feeding

- Preparing type and quantity of feed. Use of fine motor and upper limb dexterity.
- Collect bags of feed and hay bales up to 30kilograms may be required, requiring carrying, lifting, forward reaching, bending and stooping. Where lifting restrictions exist, lighter weights or mechanical assistance may be accommodated.
- Visual skills including reading of feed requirements.
- Use of feed scoop to measure feed, involving flexion and extension of wrist. Most typically completed with dominant hand.
- Push and pull of trolley with buckets.
- Lifting individual feed buckets approx. 5 kilograms.

## Cleaning Stables

- Gathering appropriate materials including rake, water buckets, waste disposal bins , wheelbarrow/trolleys and

brooms. Walking, lifting of 10 kilograms and grip strength required to collect equipment.

- Bending, forward and lateral reaching to rake manure in horse box. Push, pull and rotation of trunk required to rake manure and place into waste bin.
- Lifting and carrying manure to disposal bins. 2 kilograms lifting capacity required.
- Walking to carry waste disposal bin to front of stables. Individual waste bin may be up to 20 kilograms.
- Lifting waste disposal bins onto trolley to transport to commercial bin.
- Pushing trolley of waste to commercial bins. Pushing mobile load.
- Sweep stable floor. Rotation and extension of wrists, forearms and shoulders required to sweep. Use of dominant hand to lead sweeping motion.
- Rotation of trunk and prolonged standing required to sweep in forwards/ backwards direction.

## Leading Horses & Use of Horse Walker

- Placing a lead on the horse requires fine motor skills, stooping, forward reaching, and extension of the dominant hand to secure the clip to the halter.
- Leading a horse requires sufficient grip strength and arm stability to control a horse that may exert moderate to strong force (e.g., pulling, resisting, or shifting unexpectedly).
- Use of the right hand and arm is typically required to maintain a secure grip on the lead rope approximately 15–30 cm below the halter attachment point.
- Full-body balance and coordination required to walk alongside the horse at a steady pace while managing spatial awareness in potentially dynamic environments.
- Use of fine motor and dexterity skills to tie horse up and secure for saddling.
- Guiding horse to horse walker requires walking and fine motor skills to safely hold onto lead.
- Force may be required to stop walker and lead horse into position
- Pushing tolerance of 15 kilograms may be required to start walker

## Grooming and Washing

- Secure horse
- Repetitive hand movements, forward, overhead and lateral reaching, bending and stooping to wipe down, dry and brush horse
- Lead and walk with horse to washing area
- Use of hose to wash down horse, requiring bending, stooping, reaching, trunk rotation and repetitive shoulder

flexion and extension.