



First Aid

Basic First Aid is the initial help given following an injury. The proper treatment given here can help recovery and possibly save your horses life.

Normal Values for Temperature, Heart Rate and Respiration in the adult Horse

Rectal Temperature	37 – 38°C or 98.5 – 100.5°F
Heart Rate	25 – 45 beats per min (at rest)
Respiration	10 – 25 breaths per minute (at rest)



Taking your horses pulse

The pulse and respiration rates of ponies tend to be slightly higher than those of horse.

Types Of Injury

The first aid will depend on the size, depth, location and age of the wound.

- All wounds should be lavaged (cleaned) on discovery, if possible. Either cold hosing or with some dilute Vetasept / Hibiscrub and cotton wool.
- Location is extremely important.

Is there a cut over joints or tendon sheath?

Check for lameness, pain, heat, or weeping yellow joint fluid from wound?

If there is yellow fluid trickling from a wound near a joint, please call the vet immediately, even if it is a small wound.

- Is the wound fresh?

Arterial Blood is bright red in colour and will be pumping from the wound.

Venous blood is dark red in colour and trickles from the wound.

An arterial bleed will require a tight pressure bandage applied over the wound.

A venous bleed will require a normal bandage applied.

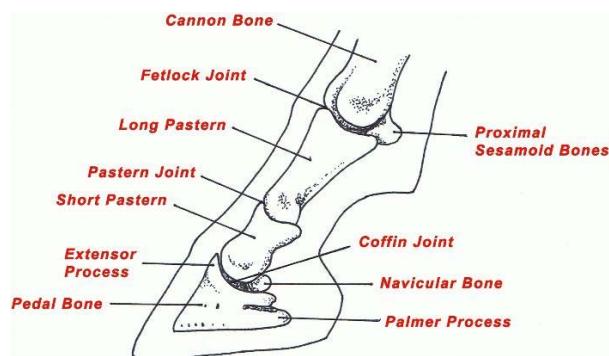
Bandaging – these should not be too tight, think about covering the wound and with just enough pressure to hold the layers in place.

1st Layer – Melolin (shiny side to wound)

2nd Layer – Soffban

3rd Layer – Cotton Wool

4th Layer – Equiwrap/Vetrap

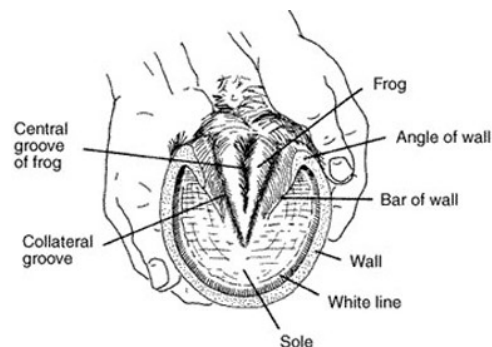


Foot Punctures

Are potentially serious and should be checked by the vet.

- If you find a nail in the foot, if possible, **DO NOT REMOVE**, until the vet arrives.

If it is not possible mark the site, angle and depth of penetration.



Colic

Symptoms of colic include:

- Flank watching
- Pawing the ground
- Rolling
- Lying flat out and groaning



What to do:

- Call the vet, and remain calm !
- Remove all food and hay
- Remove any objects that may cause injury, ie buckets, toys etc
- If the horse is lying down quietly, leave it
- If the horse is rolling and **only** if it is **safe**, walk the horse around the school or field to prevent injury in the stable
- If the horse is sweating, and only if it is safe, put a sweat rug on
- If the horse is down, try to place a towel under the lower eye to protect it from cuts or grazes

Try and remain calm at all times, not only does help you but also your horse!

Colicing horses can be dangerous so please always think of your own safety too!

If you are in any doubt please do not hesitate to call us at any time, even if it is for advice.

Contents of First Aid Kit:

1 x Digital Thermometer
1 x Citragel
2 x Melonin 10cm x 10cm
1 x Soffban

2 x Equiwrap
1 x Steri Protect
1 x Cotton Wool
1 x Vetasept 500ml

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