

APPENDIX D

Recommended Veterinary Care Requirements

Thermometer	Scissors
Cotton wool roll	Pack of gauze swabs
Wound dressings (e.g. Melolin and Jelonet)	Ice boots or cooling packs
Cohesive Bandages (e.g. Vet Wrap or CoFlex)	Saline solution to cleanse wounds (0.9%)
Adhesive Bandages (e.g. Elastoplast or Flow wrap)	Large syringe for flushing wounds
Vaseline petroleum jelly	Poultice dressing (e.g. Animalintex)
Antiseptic solution (e.g. Betadine)	Antiseptic cream (e.g. Septicide)

Listed below are the **indicators of good health**:

- The horse stands and moves evenly.
- The horse has a confident and alert appearance.
- The horse's skin is loose.
- When the horse is at rest, there is no excess sweating (except in hot weather).
- The horse's eyes are fully open, bright and clear.
- The conjunctiva (membranes) under the eyelids and lining the nostrils are salmon-pink in colour.
- The horse is eating well and chewing normally.
- There is no swelling or heat in the legs.
- The horse urinates several times a day, and the urine is somewhat thick, and colourless or pale yellow.
- The horse passes droppings about eight times a day in the form of damp, brown/green balls
- At rest, the horse's normal rate of respiration (breathing) is 8 to 12 breaths per minute.
- The horse's normal temperature is 38°C. If the horse's temperature rises to or above 39°C, a veterinarian should be called.
- At rest, the horse's normal pulse (heart beat) rate is 36 to 42 beats per minute. Young horses and ponies may have higher rate – up to 45 beats per minute. The pulse can be felt on the artery found underneath and inside the lower jaw bone.

Listed below are **indicators of poor health or injury**.

- Running nose or eyes.
- Bruises, swelling or cuts.
- Lack of appetite.
- Listlessness.
- Bare patches on skin.
- Heat and/or swelling in feet or legs.
- Dry, dull coat.
- Any unusual lumps.
- Persistent coughing.
- Increased pulse rate.
- Increased temperature.
- Increased respiration rate or flared nostrils when horse is at rest.
- Restlessness.

It is good practice to determine your horse's average resting pulse rate and temperature to be used as a comparison should your horse appear sick.

APPENDIX D (cont.)

Recommended Human First Aid Requirements

(e.g. St John Ambulance All-Purpose Kit (large – stock #1219), <http://www.ambulance.net.au/>)

- Adhesive plasters / Band-aids
- Wound closures
- Non-adherent dressings
- Gauze swabs
- Conforming bandages
- Crepe bandages
- Tape
- Alcohol swabs
- Burns dressing
- Eye wash
- Eye pads
- Hot/Cold pack
- Forceps
- Scissors
- Gloves (disposable)
- Safety pins
- Antiseptic Cream
- Paracetamol Tablets
- Emergency First Aid book