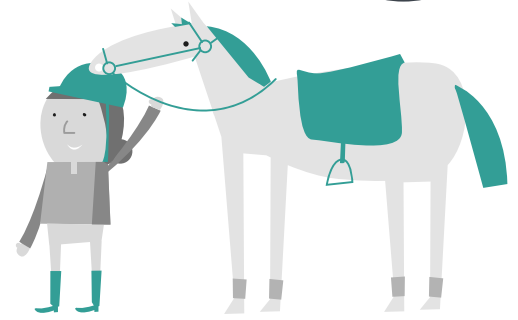


YOUR HORSE HEALTH CHECKLIST



Knowing what is normal for your horse is an essential part of responsible horse ownership.

Identifying small changes in your horse makes a big difference to early detection of potential problems or disease and allows you to ensure you can keep your horse as healthy as possible.



DAILY CHECK



TEMPERATURE

(normal range 37.5°C – 38.5°C)



HEART RATE

(normal range 28 – 44 beats per minute at rest)



RESPIRATORY RATE

(normal range 8 – 14 breaths per minute at rest)



ASSESS DROPPINGS

Amount _____ Diarrhoea

Soft Normal Hard



APPETITE

Decreased Normal Increased



DRINKING

Decreased Normal Increased



URINATION – FREQUENCY AND HABITS

Normal Abnormal

Details _____



MOVEMENT/STANCE

Normal Abnormal

Details _____



GENERAL DEMEANOUR

Normal Abnormal

Details _____



EYES

Normal Abnormal

Details _____



SKIN

Normal Abnormal

Details _____



DIGITAL PULSE

Normal Increased



HOOF TEMPERATURE

Normal Increased



PICK OUT FEET AND CHECK SHOES (if appropriate)

Normal Abnormal

Details _____



YOUR HORSE HEALTH CHECKLIST



MONTHLY CHECK



BODY CONDITION SCORE



THOROUGH SKIN CHECK

Normal Abnormal

Details _____

ANNUAL CHECK



ROUTINE VET CHECK

Date Completed



DENTAL CHECK

Date Completed



VACCINATIONS

Tetanus

Influenza

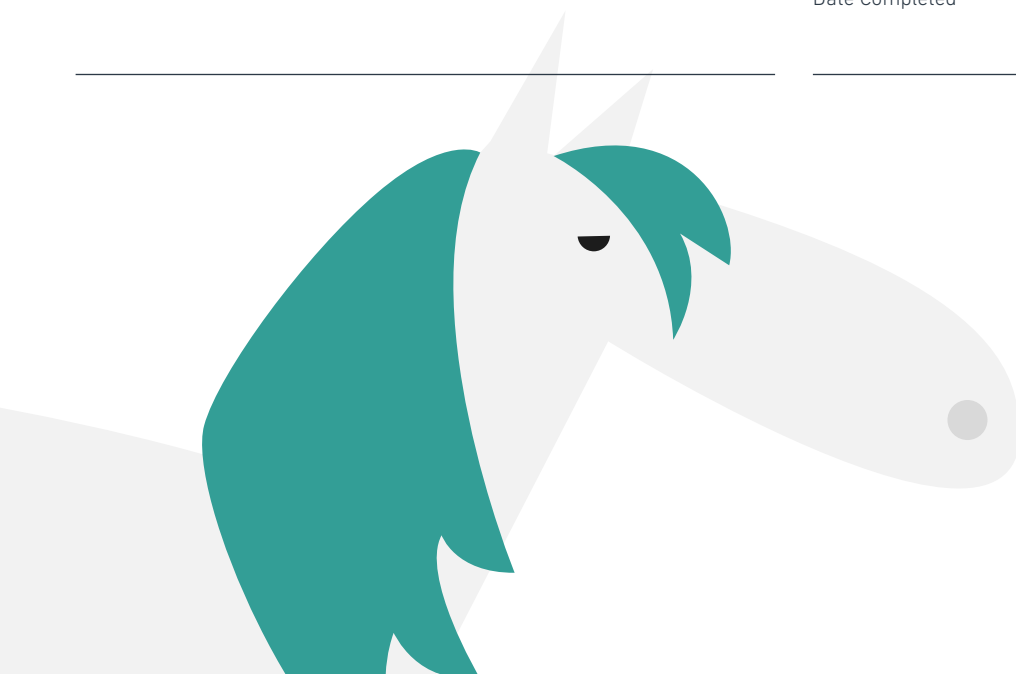
Other _____

OTHER

CHECK TACK AND EQUIPMENT BEFORE USE

FWEC/WORMING TREATMENT FOLLOWING VETERINARY ADVICE

Date Completed



EXPLANATORY NOTES



TEMPERATURE

An increase in temperature can be the first indicator of infection. By knowing what is normal for your horse you will be able to detect a potential problem at an early stage and seek veterinary advice.

The temperature is taken by inserting the thermometer into the anus of the horse and holding against the side of the rectum. Low readings may be taken if the thermometer is inserted into a ball of faeces by accident.

For safety reasons, do not stand directly behind your horse when taking the temperature. Consult your vet if you are unsure how to take your horse's temperature safely and they will be happy to advise you.



HEART RATE

The heart rate can be measured using a stethoscope or by feeling the pulse on the underside of the lower jaw, below the large cheek muscles.

Run your fingers along the jaw gently until you find the artery running across the jaw bone; it will feel like string and will probably be pulsing more slowly than you would expect.

Your vet will be happy to show you how to check your horse's pulse. An increase in heart/pulse rate could occur as a result of exercise, excitement, stress or pain. If you are concerned that your horse's heart/pulse rate has increased at rest, consult your vet.



RESPIRATORY/ BREATHING RATE

The respiratory rate can be measured with a stethoscope, watching the sideways expansion of the chest or watching the movement of the nostrils. The rate can often be raised when your horse has exercised, is excited, stressed, in pain or sick. If you find that your horse's respiratory rate is higher than normal at rest, contact your vet for advice.



DIGITAL PULSE AND HOOF TEMPERATURE

It is important to know what is normal for your horse as an increase in hoof temperature and a more pronounced digital pulse could indicate a problem.

Hoof temperature can be simply assessed by hand. Digital pulses can be harder to find in the normal horse. One of the best places to find them is the inside and outside of the fetlock joint, slightly towards the back. Use your forefinger and with gentle pressure keep your fingers still and wait.

A horse's pulse is slow at rest and often the fingers are moved away too quickly. Once you know what is normal for your horse you will be able to tell your horse's veterinary surgeon or farrier if there is a change.



ASSESSING DROPPINGS/ URINATION/APPETITE/ DRINKING

Any changes from normal could indicate that your horse is feeling off colour and needs careful monitoring. For example, a reduction in droppings could indicate your horse is suffering from colic. If you have any concerns, contact your vet for advice. Early detection and intervention can help to keep your horse healthy.



EYES

Make sure your horse's eyes are bright, with no cloudiness or discharge. If your horse is reluctant to open his eye, contact your vet.



SKIN

You will probably assess your horse's skin when grooming. Develop a routine to ensure you check all over your horse and this way you will detect any cuts, lumps or changes.



MOVEMENT/STANCE

Watch your horse moving towards and away from you. If you are concerned your horse isn't moving normally or is reluctant to move this could indicate a lameness or medical problem, so consult your vet.



GENERAL DEMEANOUR

If your horse seems depressed or doesn't react in an expected way this could indicate a problem and further assessment maybe required.



BODY CONDITION SCORING

It is very important to monitor your horse's body condition as many horses are overweight and this can cause problems. For more information on how to score your horse see:

[Responsible Horse Owner Booklet: Nutrition](#)

which will also give you advice on how to keep your horse in ideal condition or speak to your vet who will be happy to advise you.

For more information visit:

www.worldhorsewelfare.org/right-weight

