

## First Aid Information

In emergency situations you have to act fast and it is important to plan ahead and be prepared. Of course, prevention is ideal, but emergency situations happen even to the best of us. This information should help you to be more prepared in case of an emergency.

### Assess the situation:

- Examine your horses thoroughly, run your hands from head to tail
- Take a heart rate/pulse; Normal (N) = 36-44
- Take a respiratory rate; N= 8-20
- Take a temperature; N= 98-101
- Listen for gut sounds; N= easily heard, active gut, but not excessively gassy
- Checking gum color, Capillary Refill Time (CRT) ; N= moist, light pink, CRT <2seconds
- Feeling legs for heat, swelling, soreness
- Feeling hooves for heat, checking digital pulses
- When in doubt, call the vet!***

### Basic First Aid Kit

- your veterinarian's name/number
- wire cutters/knife (caught in a fence/rope)
- flashlight or headlamp with charged batteries
- bandage material (vetwrap, telfa pad, cotton padding, elastikon; quilted wrap/polo)
- scissors
- clippers
- chlorhexidine or betadine scrub/solution + gauze or cotton balls
- triple antibiotic or Nolvasan ointment
- stethoscope
- thermometer (digital please!)
- weight tape
- exam gloves
- bute (call the vet prior to using)
- banamine (call the vet prior to using)
- epsom salts/poultice
- dosing syringe
- electrolytes
- probiotics
- equinacea
- Benadryl (diphenhydramine - call the vet prior to using)
- triple antibiotic eye ointment (ointment from your vet)
- twitch/stud chain
- halter/leadrope
- cooler/blanket
- hoof pick
- easyboot/duct tape

Evergreen Holistic Veterinary Care

[www.evergreenholisticvet.com](http://www.evergreenholisticvet.com)

Dr. Hannah Evergreen

PO Box 1494

Monroe, WA 98272

(206) 940-8589

