

SOUTH AFRICAN PONY CLUB



Equine First Aid Achievement Badge



WORKBOOK

Objectives:

- To be able to recognize signs of good health and ill health in a horse
- To know how to treat minor wounds and illness, but know when to call a vet
- To understand the role of a veterinarian, and regular healthy maintenance of a mount
- To be able to recognise and know about the necessary protection against Tetanus, 'Flu, AHS and Worms

Key points:

- Give 5 signs of a healthy mount
- Give some symptoms of a sick or injured pony for which to seek help
- Be able to treat minor injuries
- Know what a veterinarian does
- Know why and how often to de-worm
- Know some standard vaccinations every mount should have

Additional reading:

- The Manual of Horsemanship, chapter 30
- Pony Club Manual No. 1 chapter 12

NAME _____

BRANCH _____



Signs of Health

- The horse is standing and behaving normally, with a confident and alert look
- Eyes are wide open, ears pricked and moving
- The lining of the eyes and nostrils are a healthy salmon pink colour
- The coat is shiny and smooth, and moves easily over the ribs
- The skeleton is well covered, but not too fat
- The pony stands evenly on all four legs. It may rest a hind foot, but never a front foot
- Your pony will pass droppings about 8 times a day; they should be in balls which break as they hit the ground
- Urine is passed several times a day, and is thick and light yellow in colour
- A normal temperature is 37.5 – 38.5 degrees C
- A horse at rest has about 10 – 12 respirations (breathing rate) to the minute
- Pulse 35 - 45 heartbeats per minute
- No visible signs of sweating, unless its really hot
- Eating well, chewing normally
- Limbs free from swelling / heat
- Sound in action; not limping
- Ears should feel warm

Circle 5 parts of this horse and use key words to explain how they show that the horse is not sick.

	1.
	2.
	3.
	4.
	5.

Signs of sickness

- Make sure you know your horse's normal behaviour & habits
- Learn to recognise the signs that your horse is not acting as he does usually
- Act quickly & calmly in an emergency

Tick any clues from the list below which would alert you to an illness or injury:

The horse is listless, ears and head droop, eyes and coat are dull	
Pony doesn't want to eat	
Is lying down	
Looks depressed/dull	
Stands apart from companions	
Doesn't finish food	
Chewing the door	
Sweating	
Fast breathing	
Runny nose	
Box walking	
Horse looking at tummy	
Reluctance to move	
Swelling/heat in a leg	
Resting hind leg	



Does this foal look sick? Explain why you say so.

Treating minor wounds and illnesses

What is a normal horse's temperature?





How many respirations a minute would a resting horse have?

How would you recognise that your horse had thrush?

What are the causes of thrush?

How would you treat it?

How would you be able to tell that your horse is lame:

- On a front leg

- On a hind leg?

How would you know if your horse had worms?

Give 3 rules of de-worming.

There are three types of wounds:

1. Cuts - ranging from small scratches to deep wounds caused by wire glass etc
2. Contusions - bruising, from a kick for example
3. Punctures - from thorns, nails, wire etc

Treating Minor Wounds (excerpted from The United States Pony Club Manual of Horsemanship, C Level, pages 230-231)

- If a wound bleeds quite a lot, press a gauze pad firmly against the wound
- If possible, hose the wound and the area around with a gentle stream of cool water for ten to fifteen minutes to dislodge dirt and particles
- Clean the wound gently using water and an antibacterial soap or scrub. Use gauze pads instead of cotton which can leave fibres in the wound. Clean the area above the wound first and work your way down, discarding gauze pads as they become soiled
- Gently blot the wound dry with sterile gauze square or allow to dry without touching
- If the wound is small, apply a small amount of antibiotic/antimicrobial/antimicrobial cream. Some veterinarians prefer that you don't put anything at all on the wound. Don't use peroxide, alcohol or iodine or any other strong antiseptic on the wound as these can damage the tissues and may interfere with healing
- To dress the wound, place a large sterile, non-stick gauze dressing over the wound, then if needed pad with roll cotton and apply a stable bandage
- If the wound cannot be dressed, check it frequently to make sure it is not becoming contaminated with dirt or bedding. If it gets dirty again clean it with gently running water. Don't scrub the wound as you may damage the healing tissue



Minor injury treatment techniques

1. Poulticing – hot ones to draw out infection or splinters, like *Animal lintex*, or cold ones for bruising/ reduce swelling, like *Iceman*
2. Bandaging - To reduce swelling, to keep a poultice in place, protect a wound, help in prevention of proud flesh, to provide warmth or prevent the development of a filled leg
3. Tubbing – to draw out a hoof infection- fill a bucket of warm water & Epsom salts and soak the foot for 15 -20 minutes
4. Hosing – clean wounds, cold/massage therapy to reduce inflammation/ swelling/ pain for 15minutes at a time
5. Cold compress- *Iceman* or a cold pack for a maximum of 15 minutes





6. Hot fomentations – apply a hot cloth where you cannot poultice

When to call the vet

colic	choking	severe laminitis
breathing difficulty	tetanus	severe lameness
severe wounds	severe blinking	lots of discharge from eye

Give 2 causes of colic

Give 2 symptoms of colic

What would you do while waiting for the vet if your horse had colic?

Wounds which need the vet immediately include:

1. Blood spurting from wound - apply pressure with clean pad / cotton wool, hold by hand or apply a bandage
2. Deep wounds to foot/puncture - don't try to take object out, hold the foot up to stop further injury, but if impossible, mark the place then tub the foot
3. Wounds over joints, tendon-sheaths, tendons or to the eyeball need the vet immediately, they require emergency care

To understand the role of a veterinarian, and regular healthy maintenance of a mount

1. Prevention of diseases before they occur; regular flu and AHS vaccinations, de-worming, teeth rasping
2. Diagnosis & treatment – If your pony/ horse is ill / lame make an appointment with the vet. In an emergency get the vet to come immediately. Stay calm, describe exactly what's wrong, and give clear directions to the stables
3. Assessment of a horse before you purchase it- If it is appropriate the vet will issue a certificate after examination that the horse has no signs of disease, injury, or physical abnormality which would affect the horse's usefulness for your purpose



What are the symptoms of tetanus?

How would your horse get tetanus?

How often should your horse be vaccinated against tetanus?

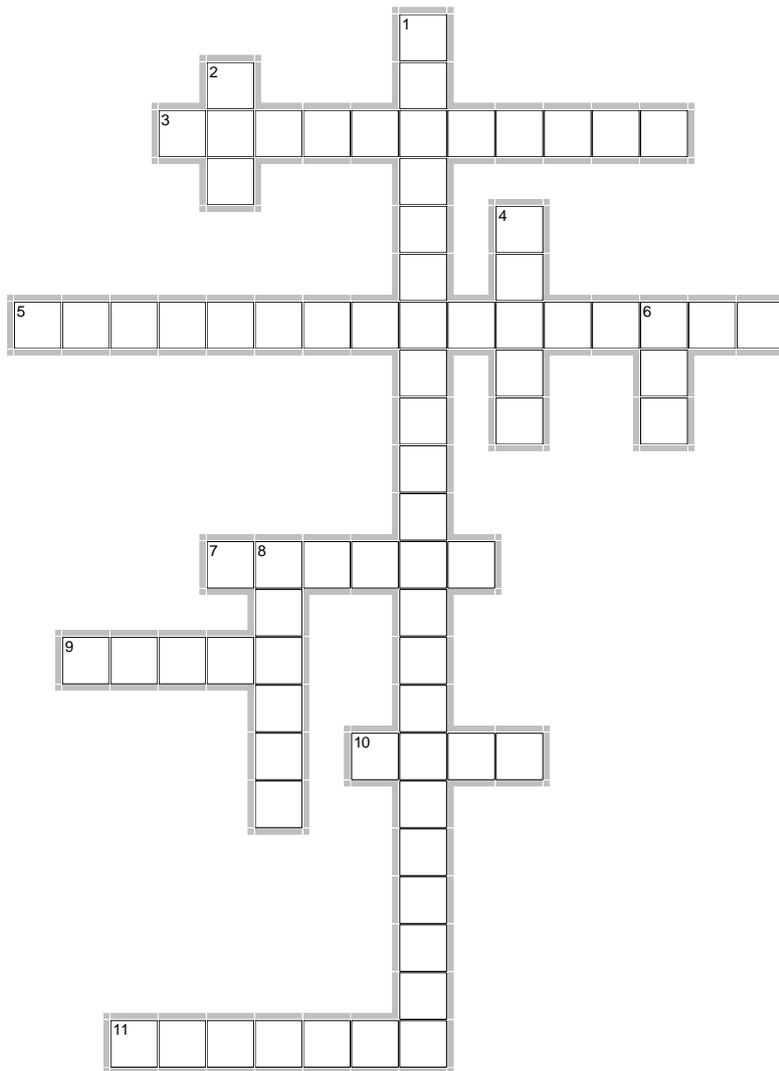
What are the signs of African Horse sickness?

How often should you vaccinate your horse against AHS?

What other things could you do to prevent your horse from getting AHS?

What are the signs of Equine influenza?

How often horses should be vaccinated against the 'flu?



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Across

3. The normal range for a healthy horse's _____ is between 37.5 and 38.5 degrees.
5. This infection is caused by a virus causing symptoms like the human cold. SA horses should be vaccinated against _____ twice a year .
7. A fungal infection of the foot, characterised by a very bad smell.
9. Good pasture management and frequent treatment every 3 months with an oral paste will control _____ in your horse's stomach and intestines.
10. The colour a healthy pony's eyes and nostrils should be.
11. A disease caused by bacteria which infect wounds and stop the normal function of the nerves. Vaccination is vital to prevent this life-threatening disease.

Down

1. _____ is a disease only found on our continent. It is carried by 'miggies', during the hours of darkness in the warm months.
2. An expert whose job it is to diagnose and treat animals.
4. A pony with _____ may sweat, lie down and repeatedly look at his stomach.
6. A pony who is lame in a front leg will _____ his head whilst trotting.
8. A method used to clean wounds, provide massage therapy and reduce swelling and pain, particularly in legs.