

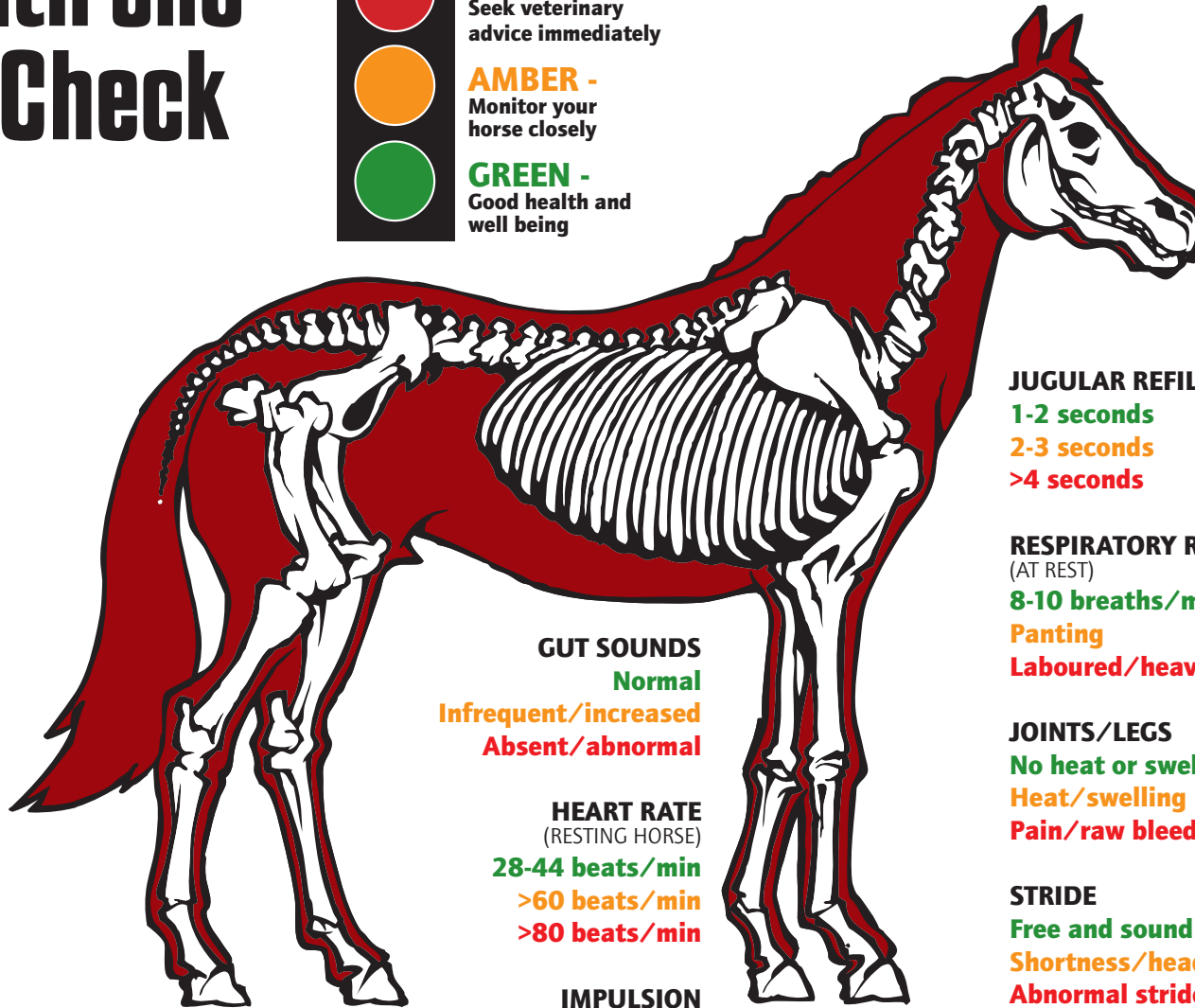
# Horse Health and Wellbeing Check



**RED -**  
Seek veterinary advice immediately

**AMBER -**  
Monitor your horse closely

**GREEN -**  
Good health and well being



**WOUNDS/SADDLE/GIRTH**  
No visible marks  
Heat/swelling/tenderness  
Pain/bleeding/temperature

**MUSCLES/BACK**  
Relaxed  
Tender/slight stiffness  
Very tight/painful

**RECTAL TEMPERATURE**  
< 38.6 °C rest  
39.5-40.4 °C during ride  
> 40.5 °C

**ANAL TONE**  
Tight  
Slightly loose  
Flaccid

**GUT SOUNDS**  
Normal  
Infrequent/increased  
Absent/abnormal

**HEART RATE**  
(RESTING HORSE)  
28-44 beats/min  
>60 beats/min  
>80 beats/min

**IMPULSION**  
Free and happy to work  
Tripping/reluctant to move forward  
Lameness/stiffness

**JUGULAR REFILL**  
1-2 seconds  
2-3 seconds  
>4 seconds

**RESPIRATORY RATE**  
(AT REST)  
8-10 breaths/min  
Panting  
Laboured/heaving

**JOINTS/LEGS**  
No heat or swelling  
Heat/swelling  
Pain/raw bleeding

**STRIDE**  
Free and sound  
Shortness/head nodding  
Abnormal stride/  
Unable to bear weight

**ATTITUDE**  
Alert/normal appetite and Water intake  
Lethargic/depressed  
Absence of appetite/thirst/not interested/change in defecation

**EYES**  
Clear and bright  
Glazed expression  
Staring/sunken

**CAPILLARY REFILL**  
0-1 seconds  
2-3 seconds  
> 4 seconds

**MUCOUS MEMBRANES**  
Moist/Pink  
Pale/Tacky  
Dry/Blue/Purple

**SKIN PINCH**  
0-1.5 Seconds  
2-3 Seconds  
>4 seconds



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For those who know what they're on.

