



## Virginia 4-H Horse Project @ Home Activity

# Equine First Aid

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- Supplies:**
- Activity 1: Wall safe tape, scissors, and printed page 2-8
  - Activity 2: Glue, scissors, stapler, markers, and printed page 9-13
  - Video: [At Home with Horses, episode 4](#) – First Aid Field Guide
- Resources:**
- [AYHC Horse Smarts](#), HS page HS 365-4, HS 365-5
  - <https://eclectic-horseman.com/signs-of-sickness-how-to-read-your-horses-behavior/>
  - <https://www.bluecross.org.uk/pet-advice/basic-first-aid-horses>
  - <https://www.wisegeek.com/how-do-i-treat-my-horses-hoof-abscess.htm>
  - <https://equimed.com/diseases-and-conditions/reference/abrasions>
- Age:** 9-18
- Time:** 1 Hour
- Rationale:** Every horse or pony owner should have a basic first aid kit and knowledge of first aid applications in the case of emergencies.
- Project Goal:**
- Identify terminology used in equine first aid
  - Recognize and classify equine injuries and illness
  - Prepare an action plan and create a first aid kit
- What to Do:**
- **Activity 1: First Aid Frenzy**
    - a. Print out the sheets on pages 2-8 and cut on dotted line. Note the terms and definitions on the same paper do not correlate, hence the activity name, *First Aid Frenzy*.
    - b. Using your wall safe tape, hang each half sheet around the room on the walls.
    - c. Take a few minutes to read the terms and definitions, and then do your best to match them up by recording the term on the worksheet with the corresponding definition
    - d. Check your answers to the key.
    - e. Repeat the process again, mixing up your papers on the wall, and time yourself for faster recall.
  - **Activity 2: Make a First Aid Flippable Field Guide**
    - a. Follow directions to assemble guide on page 9 and [watch demonstration video](#)
    - b. Keep one in your barn and/or in your horse trailer for quick access.
- Reflect:**
- What Equine First Aid terms were new to you?
  - Why would knowing Equine First Aid be an important skill?
  - Where can you go to find additional information on Equine First Aid?
  - How will this information help you grow as an Equestrian?
- Apply:**
- When will you use Equine First Aid?
  - Where can you go to learn more about Equine First Aid?
  - Create your own First Aid Kit (*AYHC Horse Smarts* HS page HS 365-4, HS 365-5)
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## Activity 1 - First Aid Frenzy Worksheet

Match the term with the definition, first on your wall, then on this worksheet.

1. \_\_\_\_\_ A first aid technique that involves covering a wound or an injured part
2. \_\_\_\_\_ A wound caused by something hard but blunt, like barbed wire. The edges of the wound are irregular and jagged, and there may be associated swelling.
3. \_\_\_\_\_ A wound may appear superficial but have a large surface area that poses an increased risk of infection.
4. \_\_\_\_\_ A wound caused by a piercing object. These wounds can be far deeper than the external wound suggests and they pose a considerable risk of infection.
5. \_\_\_\_\_ A condition in which part of the body becomes reddened, swollen, hot, and often painful.
6. \_\_\_\_\_ A condition with the accumulation of pus (dead white blood cells) that forms a lump internally or externally on your horse's body.
7. \_\_\_\_\_ A first aid technique that uses a clean swab with warm water (containing a small amount of a suitable cleanser or antiseptic) to gently cleanse a wound.
8. \_\_\_\_\_ A first aid technique that uses a steady stream of cold water, washed (for approximately 15 minutes at a time) over an injury, to soothe and reduce swelling.
9. \_\_\_\_\_ A first aid technique that uses a Cold, soft, moist mass of material to reduce inflammation caused by kicks or knocks. Or a Hot, a soft, moist mass of material used to increase blood supply to the injury and to help to draw out any infection that may be present.
10. \_\_\_\_\_ A wound caused by something sharp often accompanied by a lot of bleeding. The edges of the wound appear clean and straight.





# Poulticing

A wound caused by something sharp often accompanied by a lot of bleeding. The edges of the wound appear clean and straight.



# Abscess

A wound caused by something hard but blunt, like barbed wire. The edges of the wound are irregular and jagged, and there may be associated swelling.





# Puncture

A wound may appear superficial but have a large surface area that poses an increased risk of infection.



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# Bandaging

A wound caused by a piercing object. These wounds can be far deeper than the external wound suggests and they pose a considerable risk of infection.





# Abrasion

A condition in which part of the body becomes reddened, swollen, hot, and often painful.



# Cleansing

A condition with the accumulation of pus (dead white blood cells) that forms a lump internally or externally on your horse's body.





# Incision

A first aid technique that uses a clean swab with warm water (containing a small amount of a suitable cleanser or antiseptic) to gently cleanse a wound.



# Inflammation

A first aid technique that uses a steady stream of cold water, washed (for approximately 15 minutes at a time) over an injury, to soothe and reduce swelling.





# Cold Hosing

A first aid technique that uses a Cold, soft, moist mass of material to reduce inflammation caused by kicks or knocks. Or a Hot, a soft, moist mass of material used to increase blood supply to the injury and to help to draw out any infection that may be present.



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# Laceration

A first aid technique that involves covering a wound or an injured part



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## Activity 1 - First Aid Frenzy Worksheet KEY

1. **Bandaging** A first aid technique that involves covering a wound or an injured part
2. **Laceration** A wound caused by something hard but blunt, like barbed wire. The edges of the wound are irregular and jagged, and there may be associated swelling.
3. **Abrasion** A wound may appear superficial but have a large surface area that poses an increased risk of infection.
4. **Puncture** A wound caused by a piercing object. These wounds can be far deeper than the external wound suggests and they pose a considerable risk of infection.
5. **Inflammation** A condition in which part of the body becomes reddened, swollen, hot, and often painful.
6. **Abscess** A condition with the accumulation of pus (dead white blood cells) that forms a lump internally or externally on your horse's body.
7. **Cleansing** A first aid technique that uses a clean swab with warm water (containing a small amount of a suitable cleanser or antiseptic) to gently cleanse a wound.
8. **Cold Hosing** A first aid technique that uses a steady stream of cold water, washed (for approximately 15 minutes at a time) over an injury, to soothe and reduce swelling.
9. **Poulticing** A first aid technique that uses a Cold, soft, moist mass of material to reduce inflammation caused by kicks or knocks. Or a Hot, a soft, moist mass of material used to increase blood supply to the injury and to help to draw out any infection that may be present.
10. **Incision** A wound caused by something sharp often accompanied by a lot of bleeding. The edges of the wound appear clean and straight.







## Activity 2 – Make a First Aid Flippable Field Guide

- Review the demonstration video – [At Home with Horses – episode 4](#)
- See Video – Step 1: Lay out and overlap three sheets of paper together, spreading apart by 1 inch
- See Video – Step 2: Fold the assembly of sheets in half and staple the top, creating the booklet
- See Video – Step 3: Write on the cover the title of your foldable Equine First Aid Field Guide
- See Video – Step 4: Write the categories on the tabs of the guide
  - a. Print, cut and paste the information on the following pages into the appropriate categories
  - b. Fill in your personal information for you and your horse’s baseline for vital signs
  - c. Keep the guide in your barn and/or your horse trailer for quick access.

### Contact Information

Contact	Name	Phone Number
Primary Veterinary		
Secondary Veterinary		
Farrier		
Notes		





# Virginia 4-H Horse Project @ Home Activity

## Vital Signs and Signs of Illness

Vital Sign	How to Take It	Normal or Average	My Horse's Baseline
Temperature	Use a rectal thermometer. Start with petroleum jelly, insert at a slightly upward angle, wait three minutes.	100.5 + / - 1 degree; foals at high end; 102-104 is mild to moderate fever — call your vet.	
Pulse	Feel with back of hand under left elbow, or with fingers at maxillary artery under jaw. Count for 15 seconds and multiply by four for beats per minute.	30-40 beats per minute, with a wide range; younger horses will be on the high end of the range; over 60 bpm — call your vet.	
Respiration	Watch profile of belly against contrasting surface (ground).	8-12 breaths per minute; foals will be higher than 12; prolonged high respiration — call your vet.	
Mucosal Color	Raise upper lip and look at underside of lip or gums above teeth.	pink is normal; pale, yellow, blotched or dark colors, especially with other signs — call your vet.	
Capillary Refill	Raise upper lip and press thumb to blanch gum above incisors. Count seconds to refill to pink.	1-2 seconds is normal; 3-4 seconds, depending on other signs — call your vet.	
Hydration	Pinch a fold of neck skin. Count the seconds until it flattens out.	4 seconds or less is normal — though your horse may be quicker. Longer indicates dehydration.	

### Vital Signs and Signs of Illness

- Signs of Illnesses
- Decrease in appetite
  - Elevated fever
  - Diarrhea
  - Pale gums
  - Visible discomfort





## Poulticing and Abscess Care

### Signs of Abscess

- Sudden and severe lameness
- Heat in the limb/foot
- Increased digital pulse
- Swollen leg

### Treatment

1. Pick the hoof
2. Mix warm water and epsom salt in a large bucket
3. Fully submerge the hoof for 10-15 minutes
4. After soaking dry the hoof and prepare a poultice
5. Use epsom salt and iodine to create the poultice
6. Pack the poultice into the frog and cover with sterile gauze
7. Secure with vet wrap then duct tape





## Virginia 4-H Horse Project @ Home Activity

### Cleansing and Cold Hosing

#### Procedure

1. Mix a iodine solution with water or sterile saline
2. Flush out the wound
3. Follow with cold hosing for 10-15 minutes, directly on the wound and surrounding areas
4. Apply a topical ointment only on shallow abrasions, incisions, and lacerations





## Wound Care

### IMPORTANT TO HAVE UP-TO-DATE TETANUS SHOTS

#### Abrasions

1. Stop bleeding by applying pressure with a sterile gauze
2. Flush the wound with an iodine based cleanser
3. Apply a topical ointment
4. Cold hose daily and reapply ointment



#### Lacerations

1. Apply direct pressure with a sterile gauze to stop bleeding
2. Flush out the wound with an iodine based solution
3. If the wound is shallow you may apply a topical ointment
4. Contact your veterinarian if it is a deep laceration over a joint area, eyes, head, and if the wound is wider than 1 inch



#### Punctures

1. Flush the wound using a sterile syringe with an iodine based solution
2. Make sure the puncture doesn't scab over
3. Most puncture wounds should not be covered unless advised by a veterinarian
4. Call your veterinarian because antibiotics may be necessary

**\*For use of banamine and bute contact a veterinarian\***

