

MEL

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CONNECTING with HORSES  
& riding with *Synchronicity*

## First Aid Kit for Horses

*don't get caught unprepared*

As careful and as safe as we try to be with the care, living conditions and handling of our horses accidents can happen so being prepared is important. Having your first aid kit well stocked and readily at hand is essential and I would always recommend taking your first aid kit with you when ever you travel your horse in the float.

I personally have one first aid kit at home and another in the float so it is always there wherever I go.

Here is an example of things I keep in my first aid kit:

### Thermometer

### Bandages:

adhesive bandages eg. *elastoplast*,  
cohesive bandages eg. *vetwrap*  
stable or polo bandages  
I keep a selection of all of the above bandages because they each have different applications.

**Gauze cotton wool roll** - to use under bandages.

**Dressings** (*gauze squares- non-stick*)  
Cotton wool balls or roll – for washing out eyes or a wound.

**Creams** – Cuts heal best if they are kept soft rather than drying out therefore creams are better than sprays or powders. Vitamin E cream is very good and what I usually use but there are many other good creams available.



**Antiseptic wash** eg. iodine solution or a salt solution

**Salt** – In solution salt is good for washing wounds and promoting healing and it can be used to wipe out mucky eyes or the salt applied dry is good for removing proud flesh.

**Colloidal silver** - For disinfecting wounds, and in a dropper bottle or with cotton wool it can be applied to eyes if there is any gunk or signs of infection. It can also be used internally for infection in the body.

**Syringes** (for flushing out wounds)

### Scissors

**Electrolytes** (when traveling or in hot stressful conditions horses can easily dehydrate so it is a good to have them on hand.)

**Rescue Remedy** – a homeopathic remedy to help with stress, trauma or shock for horses and human.

**Card with the horses 'Vitals' & vet's phone number on it.**

Respiration 8-12 breathes per minute,  
Pulse 36-42 beats per minute  
Temperature should be 37 - 38°

**Bute powder** or another herbal pain killer (I definitely do not use bute often but in an emergency where the horse is in a lot of pain it can be very good to have a couple of sachets on hand.)

**Tuffrock Poultice** – this is a great product either for poulticing legs to draw out heat and bruising or for use on open wounds. On open wounds it is great for helping to draw out any infection that might be in a wound and it helps seal a wound that can't be bandaged to keep out the dirt and the flies.

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# The Ultimate

## HORSEMANSHIP EXPERIENCE COURSES 2009

*Incorporating*

- **Connecting with Horses**
- **Riding with Synchronicity**
- **Universal Energetic Bodywork  
with Mel Fleming & Tony Robinson**

### **Orange, NSW - January 24th-26th**

Connecting with Horses and Riding with Synchronicity  
3 day course

contact Chris Lawry [chrislawry1560@hotmail.com](mailto:chrislawry1560@hotmail.com) (02) 6365-5261

### **Sunshine Coast, QLD - January 22nd-26th**

Universal Energetic Mind and Body Work  
5 day course with Tony Robinson

[tonyrobinson@ipstarmail.com.au](mailto:tonyrobinson@ipstarmail.com.au) 0412 925 260

### **Moonbi, NSW - Jan.31 & Feb.1st**

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2 day course with Tony Robinson

contact Anthea Moran [glw3@bigpond.com.au](mailto:glw3@bigpond.com.au) (02) 6760-9609

### **'Banyandah' Via Howlong , NSW - March 2nd-8th**

Ultimate Horsemanship Experience  
7 day course Mel Fleming & Tony Robinson  
[mel@melfleming.com.au](mailto:mel@melfleming.com.au) 02 6760 5519

### **Adelaide, SA - March 31st-April 4th (TBA)**

Ultimate Horsemanship Experience  
5 day course Mel Fleming & Tony Robinson  
[mel@melfleming.com.au](mailto:mel@melfleming.com.au) 02 6760 5519

### **Gold Coast, QLD - April 10th-13th (TBA)**

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with Mel Fleming  
[mel@melfleming.com.au](mailto:mel@melfleming.com.au) 02 6760 5519

### **Bairnsdale, VIC - May 8th-10th**

Connecting with Horses & Riding with Synchronicity Course  
3 day course with Mel Fleming  
[mel@melfleming.com.au](mailto:mel@melfleming.com.au) 02 6760 5519

### **Wollombi, NSW - May 25th-29th**

Ultimate Horsemanship Experience  
5 day course Mel Fleming & Tony Robinson  
[mel@melfleming.com.au](mailto:mel@melfleming.com.au) 02 6760 5519

### **Coffs Harbour, NSW - June 5th-8th**

Connecting with Horses & Riding with Synchronicity Course  
4 day course with Mel Fleming  
contact Glenda Pate [glendapate@westnet.com.au](mailto:glendapate@westnet.com.au) (02) 6569-5137

For all enquiries and bookings contact Mel Fleming  
email: [mel@melfleming.com.au](mailto:mel@melfleming.com.au)  
**02 6760 5519** or Int: **+61 2 6760 5519**  
or go to website: [www.melfleming.com.au](http://www.melfleming.com.au)

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**Equipment to remove a shoe**  
– If your horse wears shoes I would strongly recommend having either a rasp (as you can file the clenches off) or a buffer and hammer (to open the clenches) and some shoe pullers. A shoe half hanging off is dangerous and needs to be removed as soon as possible and getting a lesson from your farrier to show you how to remove shoes is a very good idea.



**Bucket** or clean container for mixing solutions to clean wounds.

Have your horse's tetanus up to date – yearly boosters are advised and doing it at a time of year when you will remember to do it is helpful for example around Christmas each year.

Very small insignificant looking puncture wounds are often the most susceptible to tetanus and can often be missed so it is always better to be covered. If in doubt always call a vet to check things out. If something looks like it might need stitching getting a vet as soon as possible is imperative as the older the wound is the harder it will be to stitch. A day later is usually too late.

With this first aid kit you will be able to treat minor cuts or strains yourself, or stop bleeding and monitor vital signs while awaiting the arrival of the vet giving your horse the best chance of a quick recovery in the case of an accident.