



# EXTINGUISHING

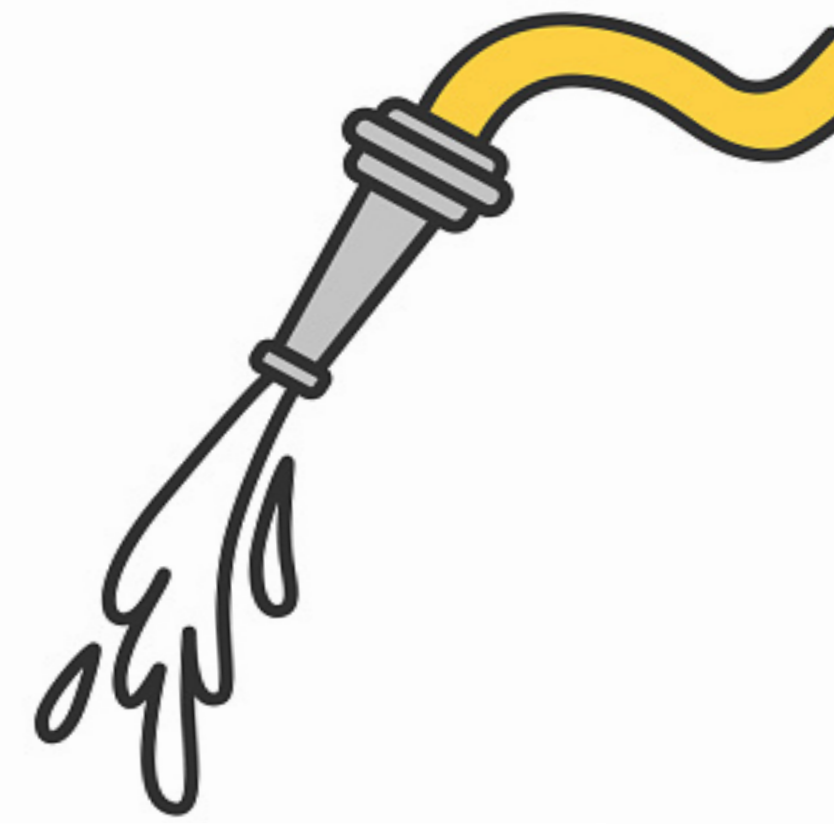
# HEAT STRESS

## FOR THE

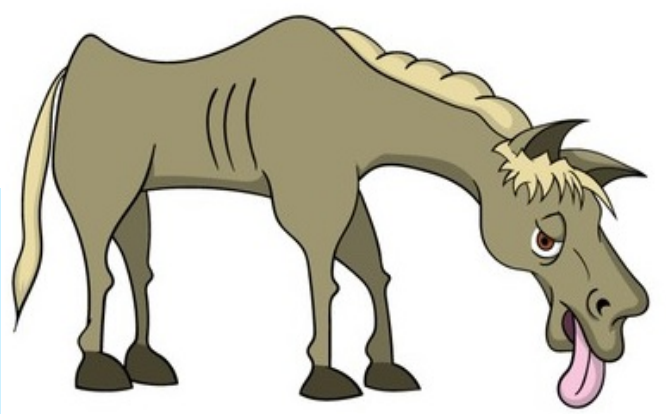
## HORSE

## &

## RIDER

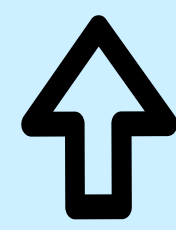


Authored by:  
Dr. Carey A. Williams,  
Rutgers University



### Signs

Resting respiratory rate (> 20 bpm)



Sweating\*

Resting heart rate > 50 bpm

Temperature >104 °F

Depressed/lethargic

\*Anhidrosis (lack of sweat) in some horses

Temperature >103 °F

Dizziness, nausea, vomiting

Fast, weak pulse

Heavy sweating

Cold, pale, clammy skin

Fainting

Headache

Confusion

Tired/weakness

### Treatment

Small sips of cold water

Find shade

Remove saddle and boots

Provide fans

Spray with cold water, use ice if severe

Provide electrolytes

**If severe (temp >105 °F), call veterinarian!!**

Same as for horses, plus...

Loosen clothing

**Get medical attention if:**

**Vomiting**

**Symptoms worsen & last > 1hr**

### Prevention

**Once they overheat they are more likely to do it again!**

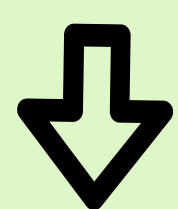
Acclimate horses

Provide regular electrolytes

Properly cool down after riding



Amount of fat in the diet



Amount of grain

**Limit activity to when it's coolest**

Wear light-weight clothing

Pace yourself & take breaks

Rest often in shady areas

Drink water!

Wear Sunscreen

Replace electrolytes

Be aware of heat alerts

**Avoid riding in extreme heat/humidity**

**(Heat Index > 180)**

Heat Index = °F + % humidity

#### References:

- <https://www.cdc.gov/disasters/extremeheat/warning.html>
- <https://www.cdc.gov/disasters/extremeheat/heattips.html>
- <https://njaes.rutgers.edu/pubs/publication.php?pid=FS656>

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