

# Get Your Horse Vet Ready!

Know the stress signals

Teach stand at ease

Start vet care training

Safely introduce the vet

Learn in person: SMS 07974 569407

Learn online: [www.jenninellist.co.uk/online-courses](http://www.jenninellist.co.uk/online-courses)

## Read the Stress Signs



What's on your horse's radar?  
**Unfamiliar** locations & people  
Plus **isolation** from other horses causes **stress**

Use familiar surroundings & the company of other horses for vet care training and visits.

Horses injure vets when they barge or kick. Watch for the warning signs!

**Scratch to calm:** vigorous rubbing of the withers lowers your horse's heart rate.  
Scratch for at least 30 seconds

Practice scratching your horse's withers while they stand still

**Stand at ease:**  
Head around wither height  
Relaxed body posture

Almond shaped eye

Soft muzzle & nostrils

Responsive to handler

Stands and waits

### Get Your Horse Vet Ready



A Human Translated Online Course  
[www.jenninellist.co.uk/online-courses](http://www.jenninellist.co.uk/online-courses)  
[www.horsetranslated.com](http://www.horsetranslated.com)



## Stress signs

High head and mobile ears

Triangle eyes

Staring & blinking

Wide nostrils

Triangle chin & tight jaw

Not responsive to handler

Fidgets & freezes

## Be predictable!

Have light & clear signals for stop, go, turn and back:

Backwards rein pressure = slow, stop, or back

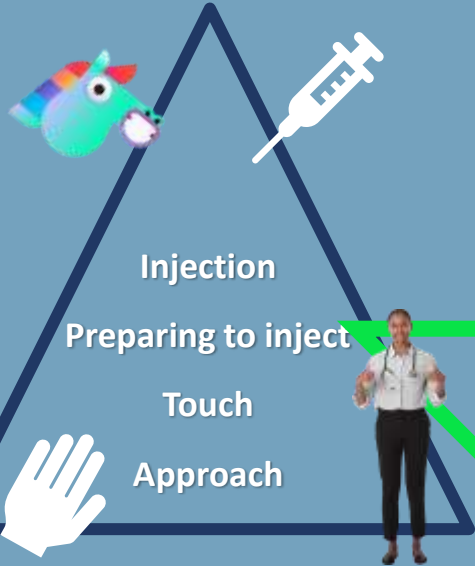
Forwards rein pressure = go forwards

Sideways rein pressure = turn

Release rein pressures to reinforce the correct response. Scratch your horse to relax & reward.

Speak to your vet about any concerns that you have regarding your horse's behaviour during visits.

Make a plan! Identify which parts of the vet procedure causes your horse to show stress signals and build your training pyramid:



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## Vet care training sequence to success:

Standing calmly to start

One small & acceptable step from the pyramid quickly leads to...

A pause to relax and enjoy a reward

### Push, drop or stick?

**5 in a row?** Push to a bigger challenge  
**2 or less out of 5?** Drop to make it easier  
**50:50?** Stick at the same level



Provoked escape behaviour?

If safe, gently stay in contact with your horse

Release & reward when he pauses

## Reintroducing Your Vet

*Keep calm and present the vet*

Present your horse to your vet in a place where they are used to relaxing, like where you did your training! And where are other horses.

### Let's play "vet" – recruit your family & friends

Horse standing calmly: "vet" moves **towards** horse, who also gets a lick/food.

Your vet needs to **stop and step away** before your horse wants to move away. Give a short break and remove the lick when this happens.

**Repeat** the process in small steps until your friend or the vet can handle your horse while he or she enjoys their lick.



Vet close to the horse = lick

Vet away from the horse = no lick

### Break down the challenge:

Vet to within horse's personal space

Vet gives friendly touch to the horse

Vet does bits of "vet things" to the horse

