



# Vital Signs - Quick Guide

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Supports clear decision making, Always trust your judgement

## Temperature

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Normal adult horse at rest

**37-38°C**

Can rise after exercise, travel, excitement, or heat.

If 38.8°C or above at rest, contact your vet.

## Breathing

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Normal adult horse at rest

**6-12 bpm**

Listen out for strained breaths or laboured breathing

Laboured or distressed breathing needs veterinary advice

## Pulse

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Normal adult horse at rest

**30-40 bpm**

Often rises early with pain or stress

Above 40 at rest is concerning, above 60 is an emergency

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Numbers support decisions. They don't replace judgement.  
If something feels wrong, call your vet.

