

HI FORM AUSTRALIA

# October Newsletter



## *Are you fire ready*

**Coming into summer with horses in Australia can be a big reminder of the places we live. In most parts of Australia summer means bushfire season. In order to reduce stress and improve health we need to be as prepared as possible.**

How do we prepare? If you live in a bushfire risk area this is essential. Contacting your local CFA and putting together a bushfire plan is the best preparation you can offer yourselves and your horses. Not only putting a fire plan together but going through with fire drills to ensure you and your family are across the plan.



LOOKING FORWARD TO HEARING YOUR REVIEWS

# Fire Drills

## Escape plan

- You will need to establish an escape plan of your property; this should be a map of the area and clearly market out the escape routes. This should be kept in a visible spot for everyone to see.
- The map should be detailed and include all dwellings on the property with clear outlines of all escape routes and meeting points.
- You will need to have clear fire exit signs in displayed in stables and out buildings.
- Have a safe paddock selected that is far enough away from out buildings and stables that can house your horses until transport arrives or the fire is no longer a threat.
- Practice your plan so everyone on your property has a clear idea of what to do, what to take and where to where to go.

## Fire Drill

You must have your fire drill kept up to date (you may have more out buildings, move fence lines or gates) and have a run through practice session when required, at least yearly. Remember to educate all new people to the property. Speak to your local Fire Brigade for any tips, information and how to deal with different fires.

## Equipment

Have fire extinguishers at all exists in out buildings and stables. Make sure that they are checked annually. Make sure to have access to halters and lead ropes near stables and paddocks. Have a first aid kit, fire blanket, extinguishers, torches, batteries in an area easy access for everyone.

## If a fire occurs

Move horses to a large open paddock that has been eaten down, your safe paddock, if too severe if safe to do so, you will need to move horses to a safe location such as a neighbour's paddock, pony club, show grounds. Remove all gear and rugs from the horse, some things can melt, rugs can catch fire or get caught on fences and this can be catastrophic. If your horse suffers from any burns or injuries, you can use cold water to sponge the areas and administer anti-inflammatory and pain relief while you wait for your vet to come.



Breathe is our most commonly used product this time of year for the dry Australian summers, to reduce the effects of dust inhalation, to reduce symptoms in those horses already with respiratory conditions and to help horses who have suffered from smoke inhalation. Breathe has strong antimicrobial, antitussive, antiseptic, spasmolytic, and expectorant activities, which are all important parts of the treatment of respiratory conditions. As well as mucilage content which binds with water and forms a gel to coat the throat and reduce irritation.

## Smoke Inhalation

Irritation from smoke particles and airborne pollutants is a typical occurrence for horses who have been impacted by smoke and bushfire. To assist the respiratory and digestive system specifically, as these systems are the most heavily affected, below is our recommended treatment for smoke inhalation:

- 4x large level scoops of **Breathe**  
The combination of these herbs will assist in promoting healthy mucous to line the respiratory tract and expel bacteria and foreign particles.
- 3x spoons of **BioEquus**  
Saccharomyces cerevisiae aids in the removal of toxins and foreign substances, this combined with the symbiotic blend in this formula will strengthen the horses' immune system. Allowing for reduced risk of infection and further complications.
- 2.5-5g of **HerbaNerve**  
This will assist in relaxation, reduce stress and encourage normal breathing rate. If horses are excessively stressed up to 7.5g can be safely fed per day.

