

**Article title for the website**

Keep your horse safe and healthy in the heat

**Article title for email**

Summer horse health tips

**Article description for the website**

Summer is the time you most want to go on adventures with your horse. Don't forget to keep an eye out for their health and safety during the summer heat.

**Article description for email**

Summer is the time to go on adventures with your horse. But you also want to keep an eye out for their health during the summer heat.

Summer is the perfect time to spend time with your horse. Whether it's just a hobby and you're taking the extra time to go on longer hikes, or you're participating in the show circuit, no doubt if your friends or family can't find you at home, you'll be with your horse.

But while the summer provides warm riding-friendly weather, it can also become a little too hot, which can pose dangers to your horse.

Here are some ways you can keep them safe and healthy in the summer heat.

**Provide access to clean fresh water**

During the summer months horses can drink up to [100L](#) of water more per day than usual, so it's critical that they have access to water clean, fresh water throughout the day.

If they're doing a lot of work and sweating you'll also want to make sure they've got access to a salt block to make sure their electrolytes stay balanced - a bit like how athletes will drink Gatorade to keep them hydrated.

**Make sure there's shelter**

Horses are well conditioned to spend their time outdoors, but it's still important that they have access to shelter - and during the summer months this means somewhere that provides shade from the summer sun.

If you have a stable, it may be better to keep your horse inside during the hottest part of the day if you're able to keep the stable cool. This can be achieved with [fans and misting equipment](#) or even a natural breeze.

**Don't forget the sunscreen**

If you have a horse that has pink skin and light-coloured hair on its muzzle it's also worth covering these in [zinc or special sunscreen](#) to prevent sunburn. There are also nose and ear guards that attach to their halter that can also help prevent sunscreen - so use what suits you and your horse best.

### **Keep an eye on their hooves**

During the winter you want to keep an eye out on your [horse's hooves](#) to make sure they didn't get damaged from the wet weather. And during summer you want to keep an eye on your horse's hooves to make sure they're not getting too dry and risk splitting. Horse's hooves also tend to [grow faster](#) during the summer, so they may need more frequent visits from the farrier.

### **Exercise responsibly**

Horses do sweat, but they can still overheat if exercised too much during the hotter hours of the day. Instead of exercising in the middle of the day, you may find mornings or evenings to be more suitable to keep them in the optimum condition without the risk of overheating. When it's warmer out, it's also important you cool them down sufficiently and wash off any sweat before you let them back out into their paddock.

### **And keep an eye out for unusual behaviour**

Horses can also suffer from heat stroke. So if you [notice](#) excessive sweating (or a lack of sweating), lethargy, a persistent high temperature, elevated heart rate, and dehydration you'll want to take every effort to begin cooling your horse down and getting in the professional help of a vet.