

# TPR CHECKS FOR HORSES

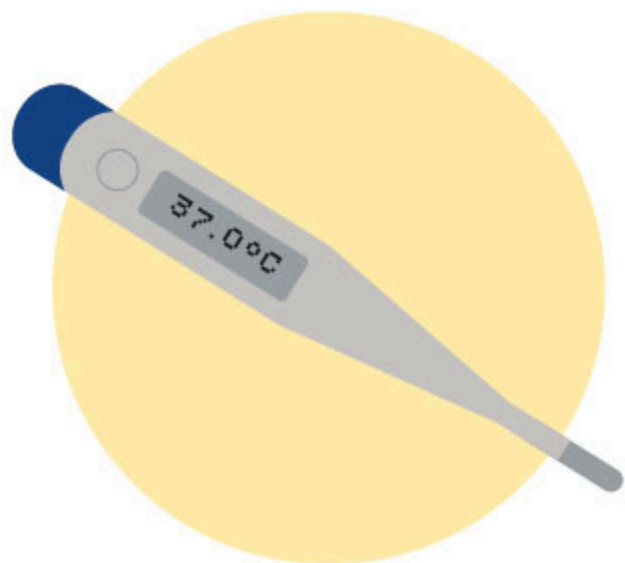
**T**emperature  
**P**ulse (or heart) rate  
**R**espiration rate

Checking your horse's TPR is an easy way to monitor their health – abnormal readings are key indicators of pain or illness. It's good practice to regularly measure and record your horse's TPR when they're at rest, so you know what's normal. It's also important to check their TPR in the days after meeting horses outside their normal social group, such as at an equine event.

## Temperature

With your horse secured, turn on a digital thermometer and insert the lubricated end into their rectum, making sure to stand to one side. Angle it so it touches the inside of the rectum.

Wait until the thermometer beeps, then remove it and check the reading.



### What's normal?

Around  
37.0–38.5°C

## Pulse (or heart) rate

Place your fingers under your horse's jawbone, feeling for their facial artery.

Apply gentle pressure until you can feel a pulsing sensation.

Count the number of pulses in 15 seconds, then multiply by four to work out the pulse rate per minute.



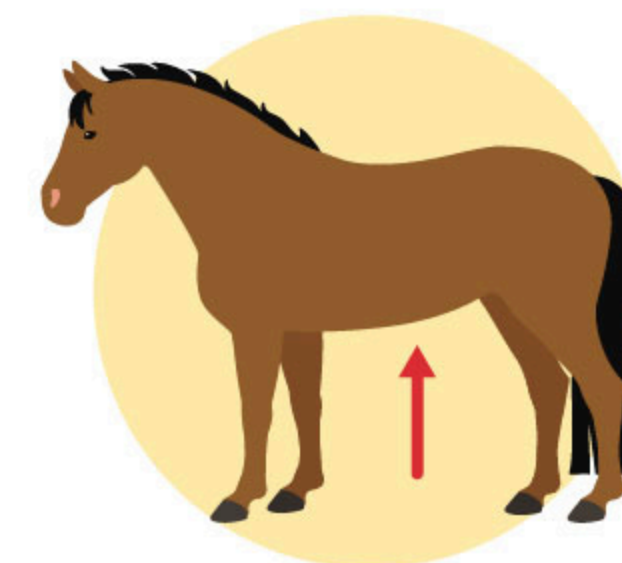
### What's normal?

Around 28–44  
beats per minute

## Respiration rate

Stand by your horse's side and watch their flank rise (inhale or breathing in) and fall (exhale or breathing out). One inhale and one exhale equals one breath.

Count the breaths taken in 15 seconds, then multiply by four to calculate the number of breaths per minute.



### What's normal?

Around 8–16 quiet,  
regular breaths per  
minute