

the quarterly journal of wholistic equine care

# Natural HORSE MAGAZINE

*dedicated to your horse*

**ESSENTIAL OILS:  
Building TRUST,  
RESPECT &  
PARTNERSHIP**

**NO SWEAT??  
Acupressure to  
the rescue!**

**HOOF  
DEHYDRATION:  
Strategies & Solutions  
for RE-HYDRATION**

**HEADSHAKING:  
RELIEF at last! with a  
WHOLISTIC APPROACH**



# STABLE ENVIRONMENT

## FIXIN' UP, SPRUGIN' UP: ALL AROUND THE BARN

by Gwenyth Santagate



*A power water-sprayer can clean up wood to look like new.*

Summer is a great time to repair, replace, refurbish, reorganize, and refresh – and what a way to renew the spirit! Here is a handy checklist to get you started.

### INSIDE THE STABLE:

#### Fire Extinguishers:

One fire extinguisher at either end of the barn on all levels. Test - be sure all in working order and inspected.

#### Communications/ Emergency Center:

##### EVACUATION and EMERGENCY CONTACT info

**CLEARLY POSTED and UNOBSTRUCTED.** Include name, address and contact telephone of stable/ barn.

Filled First Aid Kit readily accessible.

Large white board listing lessons, veterinarian/ hooftrimmer/ dentist/ bodyworker appointments, etc. for easy planning; keep updated.

Pasturing/ turnout chart listing each resident horse, posted for easy visibility for all. Update as needed.

**NO SMOKING SIGNS** posted inside with outside smoking areas clearly designated.

Supply sand-filled ashtrays for smoking areas.

#### Feed Room:

Sweep and clear of all cobwebs.

All feed bins marked clearly as to contents.

All feed stored in rodent proof containers.

Supplements clearly labeled and organized.

Extra buckets cleaned and disinfected - stored neatly. Feed scoops clearly labeled as to capacity size.

#### Tack Room/ Central Room:

Clean, sweep, wash windows, floors, walls, sinks, countertops, racks with disinfectant green cleanser.

Clean out refrigerator - discard expired medications.

Sanitize refrigerator, racks.

Organize and clearly label refrigerated medications.

Clean coats of paint where needed; use ecologically safe paint.

#### Lounge/ Viewing Room:

Vacuum, sweep, dust, organize.

Provide trash receptacles and recycling receptacles.

Clean and disinfect refrigerators, microwaves.

Wash any stable-provided mugs, plates, utensils. Store in closed receptacle (cleaned, disinfected and dried).

Libraries of magazines, books, etc. in good organized order.

Central visuals (TVs, DVD players, central music system etc.) cleaned, repaired and in good working order.

#### Tack:

Check all 'house tack' and equipment for worn, stiff, and/ or broken leather. Repair, disinfect and condition as needed.

Wash pads, wraps, blankets, and other washables. Disinfect, dry, repair, fold and store neatly.

#### The Washstall:

Wash racks, floor, walls, fixtures with disinfectant green cleanser.

Organize brushes, combs, shampoos, conditioners, etc.

Replace any broken items.



*Waste no more hay by building a haybox.*

Unclog drain.  
Check that cross ties are in good condition.  
Panic snaps secured to WALL; not halter end.  
Hoses and shower heads in working condition; repair dripping faucets.  
Check for any nails or other protruding objects that can cause injury to an 'active' horse. Remove and repair.

**The Hoof Trimming Area:**

Thoroughly sweep, disinfect floors, walls, fixtures, ties, racks.  
No obstructive objects should be left in the trimming area.  
Be sure cross ties, mats are in good condition.  
Clean and sharpen tools.

**Lights, Fixtures, Fuses, Circuit Breakers, Electrical:**

Check all electrical fixtures and circuit breakers.  
Clean any cobwebs from lighting fixtures.  
Replace any fuses or light bulbs that have burned out.  
Check wiring and plugs for safety.  
Cover lights in sheds/ stalls with protective cage. Replace any burnt out or broken bulbs.  
Check extension cords for cuts or tears. Replace any defectives. Be sure all are of the proper standard for stated use.  
Replace any burnt out motion detector lights or floodlights.

**Aisleways:**

Sweep, clear cobwebs.  
Wash/ disinfect exterior of stalls; a power water-sprayer can be a big help.  
Clear aisleways of any obstructions, i.e. tools, equipment, storage boxes or other obstructive objects that could pose a safety hazard for the horses.  
Hoses should be neatly stored out of the center of the aisleway.  
Check water pumps or faucets for good working order with clean buckets underneath to catch drips.

**Equipment Room/ Shed:**

Neat, tidy, all equipment and tools in good working order.  
Repair or replace defective equipment.

**Stalls:**

**Outside of each stall:**

Label each stall clearly with horse's name, his person's name and emergency contact info, and any warnings (vices, behavioral dangers, allergies).

Horse's veterinarian and insurance company posted on stall card.  
Card should have clear photo of horse.  
Clearly label horse's halter; hang with lead on stall door.  
Lock on stall door should be easily maneuvered by humans, not horses.  
Check each stall lock and replace any defective ones.  
Stall door should be free of protruding nails, screws, bolts.  
Replace broken cribbing guards.  
Doors should slide or swing open freely without obstruction.  
Sliding doors should be clear of any obstructions on the track.  
Each track should have guard at each end to prevent door from sliding out of track.

**Inside Each Stall:**

Strip stall of shavings and mats.  
Sweep thoroughly.  
Clean all cobwebs from walls and ceilings.  
Disinfect walls and floors, buckets and feeders using "green" product.  
Wash and disinfect mats before replacing in cleaned stall.  
Disinfect all buckets and pans. Make sure all are in good repair.  
Replace unrepairables.  
When hanging buckets, hang with hook or snap facing the wall - not the horse's face.  
Clean windows; be sure all are properly protected by horse-proof



*Check all electric fence wires and connectors for working charge.*



*Recycle and re-use: paddock rocks can make nice stone walls.*

guards.

**Haynets/ Hay Boxes:**

Should be in good repair.  
 Replace nets with worn/ broken netting.  
 Replace any loose or missing boards.



*Plant some horse-friendly herbs near the barn area, for animals and humans to enjoy.*

**OUTSIDE THE STABLE:**

**Sprucing up the Outside of the Stable:**

Replace any broken siding on barn.  
 Repair leaks in roof.  
 Clean out/ repair rain gutters.  
 Repair dripping or leaking hydrants.  
 Freshen up with coat of ecologically safe paint.  
 Weed gardens, replant, mulch, compost.

**Hay Storage:**

Clean out any moldy or old hay.  
 Replace any wet or broken pallets with new.  
 Clean cobwebs.

Re-stack hay for optimal air flow.

**The Fenceline (electric and solid):**

Check all connectors and wires for working charge.  
 Replace/ paint any broken fence rails/ boards.  
 Solidify any loose posts.  
 Replace any lost T-post caps.  
 Cut back any interfering brush from fence wires.  
 Check all gates and repair if needed.

**The Training Arena:**

Remove any items in arena that do not belong.  
 Repair or replace any damaged 'toys' or obstacles.  
 Paint rails, jump standards, fencing.



*Freshen up with a coat of ecologically safe paint.*

**The Trailer:**

Check all tires.  
 Inspect floorboards, frame, gates/ dividers, doors, windows, ties.  
 Check all electrical connectors.  
 Check brakes and lights.  
 Remove all old bedding, mats – wash, disinfect, replace.  
 Wash down inside of trailer and disinfect.

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flies, and itches are  
around the corner.  
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Wash and wax entire trailer.  
Make sure registration numbers and plates are visible, and that  
inspection is current.

**In General - GO GREEN:**

- Use "green" disinfectants.
- Replace standard lighting with solar where possible.
- Use rain barrels to water landscaping.
- Replace electrical fence chargers with solar chargers.
- Unplug any electrical appliances or tools when not in use.

- Recycle, recycle, recycle – anything and everything; be  
resourceful.
- Use empty feed bags for trash or storage.
- Save baling twine neatly to use for a myriad of projects.
- Turn your manure pile into a compost pile.

And last, but not least, create a place of solace, and take some  
well-earned time for yourself! ♪

*About the author:*

Gwenyth Santagate has lived, played and worked with horses for almost 50  
years. Her mission is to give them voices when they have none. She is the  
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*Plant your favorite flowers where you can relax and provide your  
hard-working self with a bit of solace now and then!*



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