

June 5, 2012

Media Contact: Justin Grohs, 406.453.5300

Great Falls Emergency Services (GFES) Offers Tips for Summer Season

Great Falls, MT; With summer just around the corner, the paramedics and staff at GFES would like to present some safety precautions for kids and families so that they can make the most out of this season when swimming, biking, hiking and other outdoor activities:

One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles, and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85%.

Remember, to be effective, sun block should be applied about 30 minutes before going outside. If you wait until your kids are already outside, they will be unprotected for about 30 minutes or until the sun block becomes most effective, which is more than enough time to get a tan or sun burn. A hat, sunglasses, and loose fitting, full length clothing can also help protect your kids from the harmful effects of the sun.

Insect repellents can protect your children from insects that commonly bite children, including mosquitoes, gnats, chiggers, etc. Safe and effective insect repellents include those with deet, citronella and soybean oil.

Designate a responsible adult to watch young children swimming or playing in or around water. Supervisors of preschool children should provide "touch supervision", being close enough to reach the child at all times. Adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children.

Keep hydrated. Drink non-alcoholic or non-caffeinated beverages, such as water or sports drinks. If you decide to drink an alcoholic or caffeinated beverage, be sure to drink plenty of water before, during and after. If you take any medication regularly, ask your doctor if you need to be extra cautious when outdoors and in the sun and heat.

Of course if you need us, GFES paramedics are there for you and ready and equipped to respond should you need their help. The paramedics and staff at GFES wish every Great Falls resident a fun and happy Summer season!