

## FLBS Health and Safety

Flathead Lake Biological Station (FLBS) strives to maintain a safe and inclusive environment for all station users. Whether you are at the station or in the field, it is important to always be aware of your surroundings and location.

### In Case of Emergency at the Station

1. Call 911.
2. State your location: Flathead Lake Bio Station, 32125 Bio Station Lane, Polson, MT 59860.
3. Send someone to the Station entrance to direct emergency personnel to the exact site of the emergency.
4. Notify Station staff:
  - Main Office: (406) 872-4500
  - On-site Resident Manager: (406) 872-4501

### Area Emergency Contacts

- Lake County Sheriff's Office: (406) 883-7301
- Finley Point/Yellow Bay Fire Department: 911

### Area Hospitals and Clinics

For urgent medical treatment, notify a Bio Station staff member and proceed to one of the following hospitals with an ER:

- **St. Joseph Medical Center**
  - Address: 6 13th Ave E, Polson, MT 59860
  - Phone: (406) 883-5680
- **Kalispell Regional Medical Center**
  - Address: 310 Sunnyview Lane, Kalispell, MT 59901
  - Phone: (406) 752-5111

For less urgent issues, the nearest clinic is:

- **Polson Health Clinic**
  - Address: 106 Ridgewater Dr, Polson, MT 59860
  - Phone: (406) 883-3200

### Station Resources for Minor Injuries or Illnesses

Over-the-counter medications for minor ailments, basic first aid supplies are available in the Elrod Break Room and the Lodge. There are also first aid kits available in SERL and MEL. The Station does not provide prescription allergy medications. Please bring your own medication for known allergies or medical issues.

## **Building Emergencies and Power Outages**

- For emergency cabin repairs or building issues, contact the Facilities Manager at (406) 872-4501.
- For non-serious building issues, email [reggie.heiser@umontana.edu](mailto:reggie.heiser@umontana.edu).

During power outages, please refrain from using water in facilities to prevent sewage backup. A corded phone is available in the Main Office.

## **Severe Weather**

Station users are responsible for staying alert to changing weather conditions. If you hear thunder or see lightning, get indoors immediately. The designated storm shelter is in the Dining Hall Basement. It is marked on the Station Map.

## **Waterfront and Watercraft Safety**

All waterfront activities are undertaken at your own risk. There is no lifeguard on duty. Do not swim at night or attempt to swim across the lake. Use life jackets on all boats, including rowboats, canoes, kayaks, and paddleboards. Rowboats, canoes, kayaks, and paddleboard must remain within Yellow Bay. AEDs are located in the Main Office and the Dining Hall. Check the FLBS website for updates on current conditions at Flathead Lake.

## **Tick-borne Diseases**

Ticks in the area may carry diseases such as Lyme disease. Prevent tick bites by using EPA-registered repellents, wearing long sleeves and pants, and conducting frequent tick checks. Remove ticks as soon as possible. Watch for symptoms such as rash or fever and seek medical attention if needed.

## **Other Field Safety Considerations**

### **First Aid and CPR**

At least one group member should have current first aid/CPR training. Adequate first aid supplies should be readily available.

### **Driving Safety**

Follow all Montana traffic laws. The speed limit on station roads is 15 MPH. Only authorized personnel may drive Station vehicles.

### **Getting Lost**

Use the buddy system and inform someone of your plans before heading out. In case you get lost, stay in one place and wait for help.

### **Insect Bites and Stings**

Carry an EpiPen if you are severely allergic and inform those around you. The Station does not have medical staff on duty.

**Poison Ivy**

Recognize and avoid poison ivy. Exposure ointments and washes are available in the Main Office.

**Black Bears**

Follow bear safety guidelines. They can be found at: [Bears In Montana | Montana FWP \(mt.gov\)](#)  
. Do not approach bears, and store food properly to avoid attracting them. Only dispose of garbage in the dumpsters behind the electric fence.

**Personal Safety**

FLBS is committed to providing a welcoming and inclusive environment. Follow the FLBS Code of Conduct and report any issues to station staff.

For additional information, please refer to the University of Montana's policies on sexual harassment, discrimination, and safety procedures.