



## Suggested Lightning Safety Rules:

Inside a home, avoid using the telephone, except for emergencies. Stay away from doors, windows, fireplaces, radiators, stoves, metal pipes, sinks, and plug-in electrical appliances. Do not use any electrical appliance like hair dryers, toothbrushes, or shavers during the storm.

If outside, go inside an enclosed building; the more substantial, the better.

If there is not enough time to reach a safe building, follow these safety rules:

Do not stand underneath a natural lightning rod such as a tall, isolated tree or utility pole in an open area.

Avoid projecting above the surrounding landscape, as you would do if you were standing on a hilltop, in an open field, by a small shed, on the beach, or fishing from a small boat.

Get out of and away from open water. Leave a small boat and take cover on land.

Get away from tractors and other metal farm equipment.

Stay away from wire fences, clotheslines, metal pipes, rails, electric powerlines, and other metallic paths which could carry lightning to you from some distance away. Stay out of bathtubs and showers.

In a forest, take cover in a low area under a thick growth of small trees. In open areas, go to a low place such as a ravine or valley. Be alert for flash floods.

If you are caught outdoors, no cover is nearby and you feel your skin tingle or your hair stand on end - indicating lightning is about to strike - squat low to the ground on the balls of your feet. Put your hands on your knees and lower your head. Do not lie flat on the ground. Laying flat puts your heart and lungs next to the ground; lightning burns to the chest can fatally damage those vital organs; crouching as described puts a very small part of your body in contact with the ground. If you are in a group - spread out and keep several yards apart.

Avoid open areas, tall/isolated objects, metallic conductors (e.g., phones, plumbing, fences, golf clubs), etc.; DON'T bunch up and DON'T be the tallest object around.

Cars with all-metal bodies provide good protection against lightning; avoid convertibles, fiberglass and glass top cars. The metal skin protects you; glass or cloth do not. Stay inside the car with the doors and windows shut.

CPR revives most lightning victims who stop breathing; check all victims, render CPR then call 911. Sometimes lightning stops a person's heart or breathing even when there is no other fatal injury. Quick action often revives these victims.

You can touch a lightning victim immediately; there is no residual charge-you can't be electrocuted (unless he is lying on a live electric power line).

When a thunderstorm threatens, get inside a home or large building.