BEFORE LIGHTNING STRIKES

SAFETY CINEMA™ poster

Lightning can hit anyone who is in the wrong place at the wrong time.

WHERE WILL LIGHTNING HIT?

When a lightning bolt reaches the ground, it most likely will hit tall things, metal, water – or a person standing on open ground or on a roof.

- Lightning kills about 24,000 people worldwide each year and injures 240,000.
- If someone is hit by lightning…it can cause burns, nervous system damage, and other health problems.
- Lightning can stop the heart.

BEFORE LIGHTNING STRIKES…*PROTECT YOURSELF!*

When you see an approaching storm…

AVOID…

- High ground
- Metallic objects
- Solitary trees
- Water

SEEK…

- Shelter in a building
- Safety inside a vehicle — *without touching metal*
- A cluster of small trees or bushes
- Lower elevations

Use the lightning crouch if you are caught outside and can't get to a shelter.

- Put your feet together, squat down, tuck your head, and cover your ears.
- After the immediate threat of lightning has passed, continue heading to the safest place possible.

5 seconds = 1 mile =1.6 kilometers

USE THE 30-30 RULE

Know how close you are to a lightning strike by counting the seconds between seeing the flash and hearing the thunder. For every five seconds you count, the lightning is one mile (1.6 kilometers) away.

Count 30 seconds—If the time between when you see the flash and hear the thunder is 30 seconds or less, the lightning is close enough to hit you. Seek shelter immediately.

Wait 30 minutes—After the last flash of lightning, wait 30 minutes before leaving your shelter. More than one half of lightning deaths occur after a thunderstorm has passed.

The best protection is to be ready… before lightning strikes.

More Resources:
National Institute for Occupational Safety and Health (NIOSH) – www.cdc.gov/niosh/stresswk.html
American Institute of Stress – www.stress.org/job.htm

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