

## **HELPING SOMEONE WHO IS STRUCK BY LIGHTNING**

When someone is struck by lightning, get emergency medical help as soon as possible. If more than one person is struck by lightning, treat those who are unconscious first. They are at greatest risk of dying. A person struck by lightning may appear dead, with no pulse or breath. Often the person can be revived with cardio-pulmonary resuscitation (CPR). There is no danger to anyone helping a person who has been struck by lightning - no electric charge remains. CPR should be attempted immediately.

Treat those who are injured but conscious next. Common injuries from being struck by lightning are burns, wounds and fractures.



# **LIGHTNING SAFETY TIPS**



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# LIGHTNING KILLS MORE PEOPLE IN THIS COUNTRY THAN TORNADOES, FLOODS OR HURRICANES. THUNDERSTORM ACTIVITY IS GREATEST DURING JULY AND AUGUST.

**These simple precautions can save lives during a lightning storm.**

## **STAY ALERT:**

- Monitor local weather conditions regularly with a special weather radio or AM/FM radio.
- Recognize the signs of an oncoming thunder and lightning storm - towering clouds with a "cauliflower" shape, dark skies and distant rumbles of thunder or flashes of lightning. Do not wait for lightning to strike nearby before taking cover.

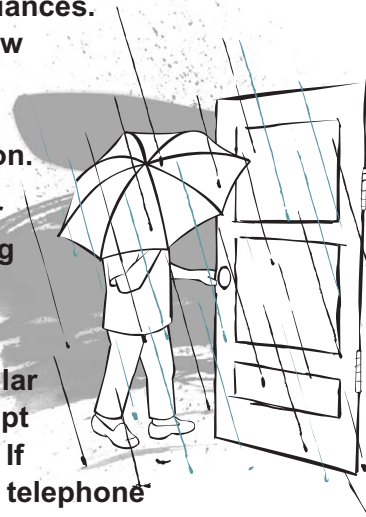


## **SEEK SHELTER:**

- Look for a large, enclosed building when a thunder or lightning storm threatens. That's the best choice.
- If you are in a car and it has a hard top, stay inside and keep the windows rolled up.
- Avoid small sheds and lean-tos or partial shelters, like pavilions.
- Stay at least a few feet away from open windows, sinks, toilets, tubs, showers, electric boxes and

outlets, and appliances. Lightning can flow through these systems and "jump" to a person.

- Do not shower or take a bath during a thunder or lightning storm.
- Avoid using regular telephones, except in an emergency. If lightning hits the telephone lines, it could flow to the phone. Cell or cordless phones, not connected to the building's wiring, are safe to use.



**IF YOU ARE CAUGHT OUTSIDE:**  
If you are unable to reach a safe building or car, knowing what to do can save your life.

- If your skin tingles or your hair stands on end, a lightning strike may be about to happen. Crouch down on the balls of your feet with your feet

close together. Keep your hands on your knees and lower your head. Get as low as possible without touching your hands or knees to the ground. **DO NOT LIE DOWN!**

- If you are swimming, fishing or boating and there are clouds, dark skies and distant rumbles of thunder or flashes of lightning, get to land immediately and seek shelter.
- If you are in a boat and cannot get to shore, crouch down in the middle of the boat. Go below if possible.
- If you are on land, find a low spot away from trees, metal fences, pipes, tall or long objects.
- If you are in the woods, look for an area of shorter trees. Crouch down away from tree trunks.

