

When Thunder Roars, Go Indoors!



Lightning Safety Tips – Compliments of the Lightning Protection Institute www.lightning.org

There is no safe place outside in a thunderstorm. If you are outside and hear thunder, seek indoor shelter right away! Most lightning victims are just steps away from a safe shelter. It's important to head for a hard-topped metal vehicle or substantial building as fast as you can. A lightning protection system makes the structure safer. Stay inside for at least 30 minutes after you hear the last thunder clap. Lightning safety is a minor inconvenience that just might save your life, so remember...

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OUTDOORS

- Seek lower elevation areas.
- Never use a tree for shelter!
- Immediately get out and away from pools, lakes and other bodies of water.
- Stay away from all metallic objects (fences, power lines, poles, etc.)
- Do not raise umbrellas or golf clubs above you.



INDOORS

- The safest place to be in a storm is in a structure protected with an LPI certified lightning protection system.
- Stand clear from windows, doors and electrical appliances. Unplug appliances well before the storm—never during.
- Avoid contact with piping including sinks, baths and faucets.
- Do not use the telephone, except for emergencies. Cell phones are safe to use.



Act Fast in the Event of a Lightning Strike

Lightning victims do not carry an electrical charge and are safe to touch and need urgent medical attention. Cardiac arrest is the immediate cause of death for those who die. Some deaths can be prevented if the victim receives proper first aid immediately. Be sure to call 9-1-1 or your local ambulance service and do not delay CPR if the person is unresponsive or not breathing. Use an Automatic External Defibrillator if one is available.