

LIGHTNING SAFETY RULES

Stay indoors, unless necessary.

Stay away from open doors and windows, fireplaces, radiators, stoves, metal pipes, sinks, and plug-in electrical appliances.

DO NOT use plug-in electrical equipment like hair dryers, electric toothbrushes, or electric razors during the storm.

DO NOT use the telephone during the storm -- lightning may strike telephone lines outside.

DO NOT take laundry off the clothesline.

DO NOT work on fences, telephone or power lines, pipelines, or structural steel.

DO NOT use metal objects like fishing rods and golf clubs. Golfers wearing cleated shoes are particularly good lightning rods.

DO NOT handle flammable materials in open containers.

Stop tractor work, especially when the tractor is pulling metal equipment, and dismount. Tractors and other implements in metallic contact with the ground are often struck by lightning.

Stop swimming and wading and stay off small boats.

If traveling, stay in your automobile. It offers excellent protection.

Seek shelter in buildings. If buildings are not available, your best protection is a cave, ditch, canyon, or under head-high clumps of trees in open forest glades.

When there is no shelter, avoid the highest object in the area. If only isolated trees are nearby, your best protection is to crouch in the open, keeping twice as far away from isolated trees as the trees are high.

Avoid hill tops, open spaces, wire fences, metal clotheslines, exposed sheds, and any electrically conductive elevated objects.

When you feel the electrical charge -- if your hair stands on end or your skin tingles -- lightning may be about to strike you. Drop to the ground immediately.

SPECIAL NOTE

Persons struck by lightning receive a severe electrical shock and may be burned, but they carry no electrical charge and can be handled safely. A person "killed" by lightning can often be revived by prompt mouth-to-mouth resuscitation, cardiac massage, and prolonged artificial respiration. In a group struck by lightning, the apparent dead should be treated first; those who show vital signs probably will recover spontaneously, although burns and other injuries may require treatment. Recovery from lightning strikes is usually complete except for possible impairment or loss of sight or hearing.