

LIGHTNING SAFETY

Approximately 150 Canadians are injured by lightning each year and an average of 10 are killed by lightning each year. The following information and safety tips will help to keep you and your family safe when lightning strikes.

- Remember that if you can hear thunder, you are within range of being struck by lightning.
- Take shelter immediately, indoors if possible or in an all-metal vehicle (not in a convertible).
- If caught outdoors too far from shelter, stay away from tall objects such as trees, poles, fences and wires. Sit in a low-lying area (ditch, valley).
- While indoors, stay away from electrical appliances, doors, windows, fireplaces, and anything that will conduct electricity (wiring, plumbing, sinks, taps, etc.). Avoid using a hard-wired telephone.
- In your vehicle, do not park near tall objects that could fall on you or near power lines. If power lines do fall on or near your vehicle, stay in the vehicle.
- Avoid open water, but if caught on the water in a boat or while swimming, get to shore immediately.
- There is NO safe place outdoors during a thunderstorm. Once in a safe environment, stay there for at least 30 minutes after the last sound of thunder is heard.
- Victims of lightning strikes do NOT carry an electrical charge and they can be safely handled for medical attention. Call for medical assistance immediately.
- Remember that victims may be suffering from burns and/or shock. If you find that a victim is not breathing, begin cardio-pulmonary resuscitation (CPR) immediately.

Additional Lightning Storm Precautions

Indoors:

Prior to the storm:

- Disconnect electrical appliances (including TV's and radio's)
- Close outside doors and windows

During the storm:

- Do NOT go outdoors unless absolutely necessary (an emergency)
- Do NOT use electrical equipment or telephones.
- Stay away from electrical wiring and plumbing pipes.
- Only use battery operated electrical appliances (radio's and phones).
- Keep as many walls between you and the outdoors as possible.

Outdoors:

Prior to the storm:

- Always check for weather warnings prior to heading out on the water or for other outdoor activities. If inclement weather is forecast, avoid putting yourself and your family at risk.

During the storm:

- Seek shelter in low areas such as ditches, valleys and depressions
- Avoid open areas such as fields, ball diamonds or parking lots
- Be alert to flash-flooding
- Do NOT go swimming or boating
- Avoid metal objects such as golf clubs and carts, bicycles, fences
- Don't be tall: Umbrellas, fishing rods, golf clubs, etc., can make you tall
- Do not take shelter under tall trees or in metal sheds
- Carry a portable weather radio

For more information on how to protect yourself and your family during any emergency please visit: **www.tay.ca**