

AT-A-GLANCE: LIGHTNING

Safety Indoors

- ⚡ Stay off corded phones. You can use cellular or cordless phones.
- ⚡ Don't touch electrical equipment such as computers, TVs, or cords. You can use remote controls safely.
- ⚡ Avoid plumbing. Do not wash your hands, take a shower or wash dishes.
- ⚡ Stay away from exterior windows and doors that might contain metal components leading from outside your home to the inside.
- ⚡ Stay off balconies, porches and out of open garages or car ports.
- ⚡ Do not lie on concrete floors or lean against concrete walls.

Safety Outdoors

- ⚡ **THE ONLY COMPLETELY SAFE ACTION IS TO GET INSIDE A SAFE BUILDING OR VEHICLE.**
- ⚡ Avoid open fields, the top of a hill or a ridge top.
- ⚡ Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.
- ⚡ If you are in a group, spread out to avoid the current traveling between group members.
- ⚡ Stay away from water, wet items, such as ropes, and metal objects, such as fences and poles.

MYTHS VS. FACTS

MYTH: If outdoors crouching down reduces your risk of being struck



FACT: Crouching does NOT make you any safer outdoors.

MYTH: Lightning never strikes the same place twice.



FACT: Lightning often strikes the same place repeatedly.

MYTH: If it's blue sky over you, you're safe from lightning.



FACT: "Bolts from the blue" can strike 10-15 miles from the storm.

MYTH: Rubber tires on a car protect you from lightning by insulating you from the ground.



FACT: Most cars are safe from lightning, but it is the metal roof and sides that protect you.

MYTH: A lightning victim is electrified. If you touch them, you'll be electrocuted.



FACT: The human body does NOT store electricity. Perfectly safe to administer first aid.

