



# Lightning Safety



*Increase personal safety and reduce your risk of lightning injury by following these essential tips.*

## **Before the Storm**

- Stay alert and listen carefully for the first signs of lightning or thunder. Remember, “When Thunder Roars, Go Indoors!”
- Lightning often strikes before the rain begins, so don’t wait for the rain to start before taking shelter.

## **If you are Outdoors**

- Immediately leave elevated areas such as hills, mountain ridges, or peaks.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out and away from ponds, lakes, and other bodies of water.
- Stay away from objects that conduct electricity like wire fences, power lines, and windmills.

## **If you are Indoors**

- Avoid water and stay away from doors and windows.
- Do not use landline telephones or headsets.
- Turn off, unplug and stay away from appliances, computers, power tools, and television sets as lightning may strike exterior electric and phone lines and generate shocks to inside equipment.

## **After the Storm**

- Don’t resume activities until at least 30 minutes after the last lightning strike or thunderclap.
- Use first aid procedures and call 9-1-1 immediately if anyone is injured.
- Lightning victims do not carry an electrical charge, so it is safe to administer medical treatment.