

SELF SUFFICIENCY IS EMERGENCY PREPAREDNESS



LIGHTNING



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LIGHTNING FACTS

Most people struck by lightning are not in the rain. Lightning can strike 5 to 10 miles in advance of the storm.

FLASH-TO-BANG METHOD FOR DISTANCE

When you see lightning, count how many seconds until you hear the thunder. If the time was 5 seconds, the lightning was 1 (one) mile away; if it is 10 (ten) seconds, the lightning was two miles away.

Seek shelter if the lightning moves to within 4 (four) miles of your location.

Seconds	Approx. Distance
5	1 Mile
10	2 Miles
20	4 Miles

WHAT TO DO ...

IF YOU ARE INSIDE

When a thunderstorm threatens, get inside a home or large building, or inside an all metal (non convertible) vehicle.

Inside a home, avoid using the telephone except for emergencies and unplug unnecessary appliances before a thunderstorm approaches.

IF YOU ARE OUTSIDE

If outside with no time to reach a safe building or automobile, follow these rules:

Do not stand underneath a natural lightning rod such as a tall isolated tree in an open area.

In open areas, do not be the tallest object as you would be if you were standing on a hilltop, in an open field, on the beach, or fishing from a small boat.

Get out and away from open water.

Get away from tractors and other metal farm equipment.

Get out of the way from motorcycles, scooters, golf carts, and bicycles. Put down golf clubs, bags or metal framed backpacks.

Stay away from wire fences, clotheslines, metal pipes, rails, downed power lines and other metallic paths which could carry the electrical current to you from some distance.

Avoid standing in small isolated sheds or other small structures in open areas.

In a forest seek shelter in a low area under a thick growth of trees.

In open areas, go to a low place such as a ravine or valley.

If you are in a level field or prairie in an active thunderstorm and cannot get to shelter, **DO NOT LIE FLAT ON THE GROUND**. Minimize your risk to lightning by dropping to a crouching position with your feet on the ground and close together.

FIRST AID FOR A LIGHTNING VICTIM

- CALL 911 IMMEDIATELY.
- If the victim is not breathing and/or has not pulse, CPR should be administered by a person with proper training.
- Many people apparently "killed" by lightning can be revived if quick action is taken. When a group is affected, those not breathing should be treated first.
- Medical attention also should be given to victims who appear only temporarily stunned or otherwise unhurt, since there may be hidden effects.