

# LIGHTNING SAFETY

## THE SHOCKING TRUTH

### Know the facts:

- Lightning's heat exceeds 50,000 degrees Fahrenheit. That is three times hotter than the surface of the sun!
- According to the National Weather Service, lightning kills 20 or more people per year and injures hundreds more.
- Once lightning strikes the ground, it can spread up to 60 feet across the surface.
- Those struck by lightning do not carry a charge and can be handled safely.
- Many lightning strike deaths occur at the beginning and the end of the storm. Put activities on hold and remain in safe shelter for 30 minutes after the last lightning bolt and thunder bang.
- Being struck by lightning can cause serious nerve damage, leading to long term health complications.
- **Some effects of a lightning strike include:**
  - Cardiac arrest
  - Muscle soreness
  - Headache
  - Nausea
  - Confusion
  - Dizziness and balance problems
  - Slower reactions
  - Irritability and personality change
  - Chronic pain
  - Difficulty sleeping
  - Depression

**If someone you know is struck by lightning, call 911.**

# WHEN THUNDER ROARS, GET INDOORS

## If outdoors, find safe shelter:



- Large, solid buildings
- Fully enclosed vehicle with windows and doors **closed**

## If indoors during a lightning storm:



- Avoid water (do not bathe, wash dishes, etc.).
- Do not use a corded telephone (lightning can strike through telephone wires).
- Unplug and stay away from electric appliances (computers, televisions, power tools, etc.).

## If unable to find safe shelter:



- Crouch down.
- Avoid being near other people — crouch down **AT LEAST** 15 feet away from another person.

## Other safety tips:



- Avoid high ground (hills, mountains, etc.), open spaces (open fields) and **ALL** metal objects (metal attracts lightning).



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