

May 2, 2014



Share the Wellness Tip

When Lightning Crashes

Thunderstorms can bring lightning, tornadoes and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur.

There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, "When Thunder Roars, Go Indoors." Too many people wait far too long to get to a safe place when thunderstorms approach.

The best way to protect yourself from lightning is to avoid the threat. Have a lightning safety plan, and cancel or postpone activities early if thunderstorms are expected. Monitor weather conditions and get to a safe place before the weather becomes threatening.

To prepare for a thunderstorm, you consider the following:

- Have an emergency kit and make a family communications plan.
- Remember the 30/30 Lightning Safety Rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Secure outdoor objects that could blow away or cause damage.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.

If someone with you is struck by lightning, seek emergency medical help immediately. If possible, move the person to a safe, dry location. Perform CPR if his or her heart or breathing has stopped. Watch for and treat signs of shock.

Sources: Ready.gov; Centers for Disease Control and Prevention; National Weather Service

