

# LIGHTNING SAFETY TIPS



- When severe storms threaten, the safest place to be is indoors. If you are outdoors, seek shelter in a home, large building or automobile, if possible. Do not take shelter in sheds or small buildings located in open areas.
- Avoid high objects that may attract lightning. Stay away from tall isolated trees, telephone poles, or communications antennas. And avoid being taller than your surroundings by standing on an open hilltop.
- Do not take a shower or bath during a lightning storm.
- Do not use the telephone unless you have a true emergency.
- If lightning begins while you are swimming or boating, get out of the water.
- If outdoors, avoid contact with metal surfaces and do not carry anything made of metal. Stay away from metal fencing and pipes, as these objects are conductors of electricity. Also avoid contact with metal farm equipment or small metal vehicles (such as golf carts).
- Stay away from railroad tracks.
- When outdoors in an open area, seek shelter in a low spot such as a gully. If you are in a wooded area, seek shelter in a thick cluster of small trees.
- Just before lightning strikes, your hair may begin to stand on end. Immediately drop to your knees and make your body into a ball, making as little contact with the ground as possible. Don't lie flat – the wet ground can conduct electricity.