

CHECKLIST #9**LIGHTNING SAFETY CHECKLIST**

The chances of being struck by lightning are one in 600,000 but can be reduced by following safety rules. Most lightning deaths and injuries occur when people are caught outdoors. Make sure your employees know your policy regarding thunderstorm and lightning safety. And make sure employees' safety comes first. In recent years, people have been killed by lightning while: boating, swimming, golfing, bike riding, standing under a tree, riding on a lawnmower, talking on the telephone, loading a truck, playing sports, etc.

THE 30-30 RULE**30 seconds:**

Count the seconds between seeing lightning and hearing thunder. If this time is less than 30 seconds, lightning is still a potential threat. Seek shelter immediately.

30 Minutes:

After hearing the last thunder, wait 30 minutes before leaving shelter. Half of all lightning deaths occur after the storm passes. Stay in a safe area until you are sure the threat has past.

LIGHTNING CAN STRIKE ANYWHERE!**Lightning Safety Tips**

- Check the weather forecast before leaving for extended periods outdoors.
- Watch for signs of approaching storms.
- Postpone outdoor activities if thunderstorms are imminent.
- Check on those who have trouble taking shelter if severe weather threatens.
- If you can hear thunder, seek shelter. Move to a sturdy building or car.
- Do not take shelter in small sheds, under isolated trees, or in a convertible.
- Get out of boats and pools and away from water.
- Do not use electrical appliances or the telephone unless it is cordless.
- If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible and minimize your contact with the ground.