

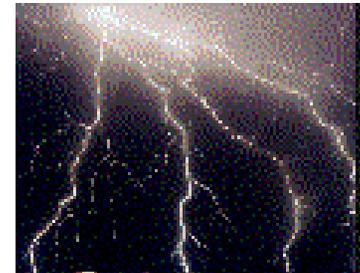
**Lightning can pose a danger, even when several miles away. Not only are employees working outside at risk. Golfers, baseball/softball players, hikers, even swimmers and sunbathers can be at risk.**



**Supervisors at ALL levels should brief employees on how to react when a thunderstorm is approaching.**

**Lightning can start fires and it is strong enough to hurt or kill people.**

**Lightning can strike almost anywhere. It can strike as far as 10 miles away from a storm.**



**If you feel your hair stand on end, lightning is about to strike you.**

**If you see lightning, count the number of seconds until you hear thunder. Divide the number of seconds by five to get the distance the lightning is away from you. If you see lightning and it takes 10 seconds before you hear the thunder, then the lightning is only 2 miles away from you .**

## Safe locations include:

Sturdy buildings



Automobiles  
(with the windows up)



## Unsafe locations include:

Beach shacks, metal sheds,  
picnic shelters etc.



Convertibles offer no safety from  
lightning, even if the top is “up”.



- Know how far safe shelter is from your present location,
- Know how long it will take you to get to the safe shelter.
- Determine whether the storm is approaching your position.
- Head for the safe location early enough to avoid getting caught in the storm.

Once in a sturdy building, stay away from metal objects (faucets, showers, pipes) and stay away from phones unless it is an emergency (cordless phones are safe).

If you are out in the open during a storm, stay away from tall, exposed objects or away from open areas. The safest position to be in is to be crouched down on the balls of your feet. Do not allow your hands (or other body parts) to touch the ground, and keep your feet close to on another as possible.

