

Summer Safety Tip – Lightning Safety

A spring/summer storm may develop quickly and arrive with little warning. Here are some **basic precautions**:

- If you're on a roof or ladder and you hear a storm coming, **get down to the ground.**
- **Count the time difference** between seeing the lightning and hearing the thunder. Every second represents about 300 metres. So six seconds is about 2 km. Lightning can reach you even if the storm is 16 km away and there's a clear sky above you.
- **Use the 30-30 rule:** seek shelter when lightning is 30 seconds away or closer. Stay inside until 30 minutes have passed since you last hear thunder or see lightning.
- **When inside,** stay away from windows or doors and avoid contact with electrical equipment, metal walls, and other conductors.
- **If you're out in the open** and you can't get inside, stay away from trees, hills, and water. Make yourself as small a target as possible but never lie down on the ground. Instead, crouch down in a baseball catcher's stance, put your hands on your knees, and duck your head.

Sources: Canadian Occupational Health and Safety News; National Lightning Safety Institute - www.lightningsafety.com