



# **The First Ten Plays**

## **HOW TO PROTECT YOURSELF FROM LIGHTNING\***

### **WHEN THUNDER ROARS—GO INDOORS**

- Keep up your situational awareness. Listen to the local meteorologists and keep your NOAA weather radio and local Emergency Alert System radio station on when you plan outings.
- If you see a storm coming, use the 30-30 rule. If you hear a thunder clap within 30 seconds of seeing lightning, then go indoors and stay there for at least 30 minutes before considering returning to the outdoors.
- If you are caught in the open try to make yourself lower than the ground level by lying in a ditch or culvert. If there is no place to retreat, squat low to the ground covering your head with your hands, making yourself as small a target as possible.
- Move indoors when possible, and if outdoors, stay away from trees, metal poles, power lines, fences and outdoor buildings that have metal roofing.
- If you are in your car, remain there. Don't venture out during the lightning strikes.
- If you are on the water, hurry back to shore as soon as possible.
- If you are outdoors doing activities like golf, fishing, biking, etc., move away from any metal objects you have with you.
- If you are outside in a group increase your safety by dispersing the group.
- If indoors avoid use of electrical appliances and any kind of water that touches your water pipes.
- Unplug televisions and computers. Use cell phones not landlines.
- Develop a risk communication strategy to explain the findings to key

**\* These are not listed in order of importance but as a group of materials that will increase the possibility of positive outcomes.**

**officials, stakeholder organizations, the public and the media.**

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