



Lightening Safety Tips

Before the storm:

- Check weather forecasts before going outdoors.
- Be aware of signs of an approaching or developing storm -- distant lightning or thunder, darkening and towering clouds, or large rain drops before the first lightning strike.
- Make sure you have a NOAA Weather Radio at your golf course, athletic field complex or any other outdoor venue. Also, buy one for your home.
- Watch for environmental clues such as dark clouds and strong winds that may signal a severe thunderstorm. When you hear a severe thunderstorm warning, take appropriate action.

When you hear thunder:

- Immediately move inside a sturdy building. Avoid picnic or rain shelters.
- Once inside a building, close all windows and outside doors.
- Stay off the telephone and away from electrical outlets and metal pipes.
- If you cannot get to a building, seek shelter in a vehicle with a metal roof. Close all windows and doors and avoid touching any inside metal.

If caught outdoors and you can not get to a building:

- Find a low spot away from trees, fences and poles.
- If you are in the woods, take shelter under the shorter trees or low brush.
- If you are on the water, move to land immediately and find a low spot.
- If you feel your skin tingle or hair stand on end, squat low to the ground on the balls of your feet. Tuck your head down and place your hands over your ears. Make yourself the smallest, shortest possible target while minimizing your contact with the ground.

When to resume outdoor activities:

- Wait at least 30 minutes after the last sound of thunder to return to your activities.