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# SAFETY ADVISORY

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## When Thunder Roars, Go Indoors!

In Canada, each year there are 10 deaths and 164 injuries related to electrical storms. Avoid injury and tragedy by following these simple steps:

- ✓ If you can hear thunder, you are at risk of being struck by lightning.
- ✓ Take shelter in a building with plumbing and wiring, or in a metal-roofed car (with the windows up!). Stay indoors for 30 minutes after the last thunder is heard.
- ✓ Direct lightning strikes are responsible for only 5% of lightning-related deaths and injuries.
- ✓ Ground current and side flash account for 60-80% of lightning related deaths and injuries. Ground current is when lightning strikes the ground and sends a current outwards to other objects. Side flash is when taller objects are struck, then the current spreads partially of the way down, then jumps to a nearby object.

### What can you do?

- ✓ Check the forecast when planning your daily activities.
- ✓ Watch the skies and listen for thunder.
- ✓ Have a safe place in mind. Sheds, picnic shelters, tents, and porches DO NOT offer protection.
- ✓ Do not use electrical equipment, hardwired telephones, or plumbing. Sitting at a computer, playing video games, or taking a shower/bath put you at risk.
- ✓ If you are on water, get to the shore quickly. Expect high winds, changing wind direction, and heavy precipitation.
- ✓ If you are outdoors away from shelter, stay away from tall objects. Take shelter in low-laying areas.

### First Aid

- ✓ Know that lightning victims do not carry any residual current.
- ✓ Call 9-1-1 immediately. Victims may have sustained injuries related to burns and shock.
- ✓ Give first aid. Check their **A**irway, **B**reathing, and **C**irculation. Cardio-pulmonary resuscitation (CPR) is required if breathing has stopped. Ask for an automatic external defibrillator (AED) immediately.

### Health, Safety & Wellness Contact Information

Phone: 306-337-2370

Office: AdHum 435

E-mail: [health.safety@uregina.ca](mailto:health.safety@uregina.ca)

Web: <http://www.uregina.ca/hr/hsw>