SAFETY ADVISORY

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 lightening 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 Airway, Breathing, and Circulation. Cardio-pulmonary resuscitation (CPR) is required if breathing has stopped. Ask for an automatic external defibrillator (AED) immediately.

Health, Safety & Wellness Contact Information

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