

LIGHTNING

DO'S & DON'TS

Late spring through early fall is a prime time for outdoor sports—it's also when lightning is most prevalent. Each year, an average of 25 million lightning flashes strike the ground in the United States, making lightning the most dangerous and frequently encountered thunderstorm hazard. Stay safe and active outdoors by following these lightning do's and don'ts.

- ✓ **DO** establish a chain of command and identify who makes the call to remove players from the field.
- ✓ **DO** designate a weather watcher to monitor the local weather.
- ✗ **DON'T** forget that lightning is most common from afternoon to early evening.
- ✓ **DO** postpone outdoor activities if a thunderstorm is eminent.
- ✓ **DO** identify a safe, fully enclosed building—such as a school, field house, library or other habitable building—to use if lightning begins.
- ✓ **DO** seek shelter in a fully enclosed metal vehicle, such as a school bus, car or van.
- ✗ **DON'T** evacuate to open structures including picnic, park, sun, bus, rain and shelters as well as storage sheds, tents, dugouts, refreshment stands, screened porches, press boxes and open garages.



- ✓ **DO** stand away from showers, sinks, locker rooms, indoor pools, appliances and electronics.
- ✗ **DON'T** stand near open water, on elevated areas or under tall objects, such as trees, poles and towers.
- ✓ **DO** allow individuals to head indoors to wait out the storm if they feel in danger.
- ✗ **DON'T** resume activities until 30 minutes after the last strike of lightning is seen and the last sound of thunder is heard.
- ✓ **DO** call EMS if someone suffers a lightning-related injury.
- ✓ **DO** move the victim with care indoors, if necessary.
- ✗ **DON'T** believe myths—lightning victims don't carry a charge; they're safe to touch.
- ✓ **DO** evaluate the airway breathing and circulation, and begin CPR, if necessary.