



Following safety procedures can save your life during a tornado. Each year, about a thousand tornadoes touch down in the United States—far more than any other country. These powerful storms occur mainly in the spring and summer, but can happen at other times of the year as well.

**In the event a tornado warning is issued, GMR suggests the following safety procedures:**

**Receiving weather alerts on your cellphone can help keep you safe during an emergency.**



Move to a pre-designated shelter, preferably the basement of a house or building



Use extra blankets and pillows for protection from flying debris



If a basement is not available, move to an interior room or hallway on the lowest floor and crouch down close to the floor



If you are in a mobile home, move immediately to a more substantial shelter

**If you are outdoors and cannot get to a safe building:**



Quickly get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter



Stay in the car with the seat belt on—put your head down below the windows and cover your head with your hands, a blanket, coat or other cushion



If your vehicle is hit by flying debris while you are driving, pull over and park



If you can safely get lower than roadway level, leave your car, lie in that area and cover your head with your hands

## GMR SOLUTIONS