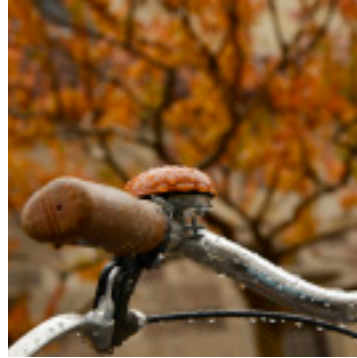


# SAFETY TIPS: LIGHTNING SAFETY



American Medical Response (AMR) reminds everyone that lightning can be deadly, but there are safety precautions you can take. In a typical year, lightning kills or injures more Americans than tornadoes or hurricanes. The National Weather Service reports lightning kills on average 73 people and injures another 300 each year in the U.S.

It is important to be vigilant during severe weather. Thunder is an important signal that storms may be approaching and it is time to seek shelter.

## If you are outdoors when lightning threatens:



Move away from tall poles and isolated trees



Stand several yards away from others



Move to the lowest possible location



Avoid using bicycles, farm machinery, rakes or other metal tools.

If you are boating, head for shore or into a cove. Boats with tall antennae or sails are targets. If the shore is too far away, lie down in the boat.

If someone is struck by lightning, the body does not retain an electrical charge so it is safe to touch them.

The most frequent injury from lightning is an interruption of heartbeat, which can be fatal. If the victim has no pulse or is not breathing, call 911 and start CPR.

For more information visit [amr.net/safety](http://amr.net/safety)