



Lightning Safety Facts from the Experts in Trenton

Lightning: What You Need to Know

- NO PLACE outside is safe when thunderstorms are in the area!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, *immediately* move to safe shelter: a substantial building with electricity or plumbing, or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.

Indoor Lightning Safety

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.

Last-Resort Outdoor Risk Reduction Tips

If you are caught outside *with no safe shelter anywhere nearby*, the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out and away from ponds, lakes and other bodies of water.
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.).

Lightning Safety Myths & Facts

Myth: Lightning never strikes the same place twice.

Fact: Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit nearly 100 times a year.

Myth: If it's not raining or there aren't clouds overhead, you're safe from lightning.

Fact: Lightning often strikes more than 3 miles from the center of the thunderstorm, far outside the rain or thunderstorm cloud. "Bolts from the blue" can strike 10-15 miles from the thunderstorm.

Myth: Rubber tires on a car protect you from lightning by insulating you from the ground.

Fact: Most cars are safe from lightning, but it is the metal roof and metal sides that protect you, NOT the rubber tires. Remember, convertibles, motorcycles, bicycles, open-shelled outdoor recreational vehicles and cars with fiberglass shells offer no protection from lightning. When lightning strikes a vehicle, it goes through the metal frame into the ground. Don't lean on doors during a thunderstorm.

Myth: A lightning victim is electrified. If you touch them, you'll be electrocuted.

Fact: The human body does not store electricity. It is perfectly safe to touch a lightning victim to give them first aid. This is the most chilling of lightning myths. Imagine if someone died because people were afraid to give CPR!

Myth: If outside in a thunderstorm, you should seek shelter under a tree to stay dry.

Fact: Being underneath a tree is the second leading cause of lightning casualties. Better to get wet than fried!

Myth: If you are in a house, you are 100 percent safe from lightning.

Fact: A house is a safe place to be during a thunderstorm as long as you avoid anything that conducts electricity. This means staying off corded phones, electrical appliances, wires, TV cables, computers, plumbing, metal doors and windows. Windows are hazardous for two reasons: first, wind generated during a thunderstorm can blow objects into the window, breaking it and causing glass to shatter; and second, in older homes, in rare instances, lightning can come in cracks in the sides of windows.

Myth: If thunderstorms threaten while you are outside playing a game, it is okay to finish it before seeking shelter.

Fact: Many lightning casualties occur because people do not seek shelter soon enough. No game is worth death or lifelong injuries. Seek proper shelter immediately if you hear thunder. Adults are responsible for the safety of children.

Myth: Structures with metal, or metal on the body (jewelry, cell phones, mp3 players, watches, etc.), attract lightning.

Fact: Height, pointy shape, and isolation are the dominant factors controlling where a lightning bolt will strike. The presence of metal makes absolutely no difference on where lightning strikes. Mountains are made of stone but get struck by lightning many times a year. When lightning threatens, take proper protective action immediately by seeking a safe shelter, and don't waste time removing metal. While metal does not attract lightning, it does conduct it, so stay away from metal fences, railing, bleachers, etc.

Myth: If trapped outside and lightning is about to strike, I should lie flat on the ground.

Fact: Lying flat increases your chance of being affected by potentially deadly ground current. If you are caught outside in a thunderstorm, you should keep moving toward a safe shelter.