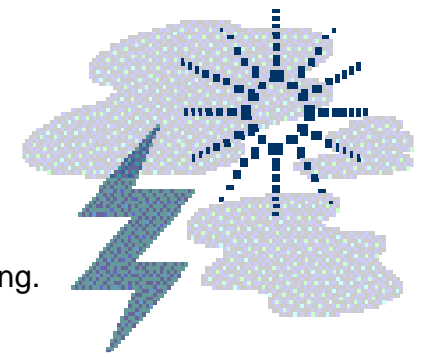




# WHEN LIGHTNING STRIKES



## STATISTICS

In Canada, **annually**, there are approximately 10 lightning fatalities and 100 to 150 people injured by lightning.

## SAFETY

- Keep a safe distance from tall objects (trees, hills, poles)
- Stay away from objects that conduct electricity (metal fences, metal poles)
- Avoid being the highest point in an open area
- If caught in a level field, far from shelter, and you feel your hair stand on end, immediately kneel on the ground with your feet together, place your hands on your knees and bend forward
- If you are in a group in the open, spread out, keeping people several metres apart

## 30-30 RULE

- **If you can count less than 30 seconds between the lightning and the thunder, immediately seek shelter. Remain sheltered for 30 minutes after the last thunder is heard**
- *Each second represents approximately 300 metres. Counting less than 30 seconds between the lightning strike and the thunder indicates the storm is less than 10km away. There is an 80% chance the next strike will happen **within** that 10km.*

## DISPELLING THE MYTHS

FICTION	FACT
If it's not raining, there is no danger from lightning	<b>Lightning often strikes outside of heavy rain and may occur more than 16 km away from a storm</b>
People who are struck by lightning carry an electrical charge and should not be touched	<b>Victims struck by lightning carry NO electrical charge and should be attended to immediately</b>
The rubber soles of your shoes will protect you from being struck by lightning	<b>Shoes provide NO protection from lightning</b>
The rubber tires on your car will protect you from being struck by lightning	<b>A vehicle does NOT provide ABSOLUTE protection. You are much safer inside than outside in lightning</b>