



Lightning Policy

It is important to stress that no lightning safety guidelines are 100% safe. If lightning threatens, seek immediate shelter.

30-30 Rule

You should use the '30-30 Rule' to determine if lightning threatens:

- Count the seconds between seeing the lightning, and hearing the thunder.
- If this time is 30 seconds or less, the lightning is close enough to be a threat. Seek shelter immediately.

Lightning easily strikes many miles from the edge of the thunderstorm.

The 30-30 Rule is also important after the lightning:

- After the last lightning flash, wait 30 minutes before leaving your shelter.
- Over half of lightning deaths occur after the thunderstorm has passed, don't be in a hurry to go back outside.

Lightning may be hidden by clouds, if you can hear thunder, lightning is likely to be a threat.

Safe shelter

No shelter is 100% safe, but the following two are best:

- Large enclosed substantially constructed building e.g. a typical house
- If you are inside your home, there are a number of activities you should avoid. If lightning strikes your home, it takes the easiest route to earth, such as wires, cables and water pipes. Using a telephone, watching television and using a pc can all increase your risk of being affected by a strike to your home.
- Fully enclosed metallic vehicles offer some protection e.g. typical car or bus
- Close windows. Avoid conducting path to outside - lean away from doors; don't touch steering wheel, ignition, gear shift, etc.

Unsafe locations

No place outside is completely safe from lightning (not even cars).

Especially avoid; high places, open fields, isolated tree/poles/towers, open pavilions, swimming (indoor pools), boating etc.

If you are trapped

If you are outside and lightning is imminent, you can still take precautions:

If in a group spread apart at least 20 feet.

Go into the 'Lightning Crouch':

- put your feet together
- squat down
- tuck your head into your knees