

The U.S. lightning season is summer but lightning can strike year round! **The July is historically one of the most deadly times of the year for lightning.** Thunderstorms and lightning are most likely to develop on hot, humid days. Thunderstorms and lightning can be very dangerous, especially if a person is outdoors without proper protection. If lightning is seen or heard, take protective action immediately. Each year, about 400 children and adults in the U.S. are struck by lightning About 80 people are killed and several hundred more are left to cope with permanent disabilities. Many of these tragedies can be avoided. Completing a work shift isn't worth death or crippling injury.

Facts

All thunderstorms produce lightning and are dangerous - Lightning kills more people each year than tornadoes.

Lightning often strikes as far as 10 miles away from any rainfall. - Many deaths from lightning occur ahead of the storm because people try and wait to the last minute before seeking shelter.

You are in danger from lightning if you can hear thunder - If you can hear thunder, lightning is close enough that it could strike your location at any moment.

Lightning injuries can lead to permanent disabilities or death - On average, 20% of strike victims die; 70% of survivors suffer serious long term effects.

Look for dark cloud bases and increasing wind - Every flash of lightning is dangerous, even the first. Head to safety before that first flash. If you hear thunder, head to safety!

Safety Tips

1. **Postpone activities promptly. Don't wait for rain.** Many people take shelter from the rain, but most people struck by lightning are not in the rain! Go quickly inside a completely enclosed house. If no enclosed house is convenient, get inside a hard-topped vehicle.
2. **Be the lowest point. Lightning hits the tallest object.** Don't be the second tallest object during a lightning storm! Crouch down if you are in an exposed area. Roof sheeting, and ladder work should be suspended when lightning is seen or thunder is heard.
3. **Keep an eye on the sky.** Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
4. **Listen for the sound of thunder.** If you can hear thunder, go to a safe shelter immediately.
5. **Avoid leaning against vehicles.** Get inside the vehicle or inside a building
6. **Avoid metal!** Don't carry metal ladders.
7. **Wait 30 minutes.** Do not return to the outdoors until 30 minutes have past after last lightning.

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