

Tailgate talk

Today's Subject:

Lightning safety

Date: _____

You might be surprised to learn that every year in the U.S., cloud-to-ground lightning occurs 20 million to 25 million times. It's no wonder, then, that over the past 30 years, on average, 50 people in this country have been killed by lightning.

What to focus on

Here are three things to keep in mind to make sure your name isn't added to the annual toll of lightning deaths and injuries.

1. Know when to take shelter. Once you hear thunder, the lightning associated with it is within eight miles. You should suspend your work activities and take shelter.

2. Know which types of shelter to use. Your best bet is to quickly move toward fully enclosed buildings with plumbing and electricity. You could also obtain safe shelter in a fully enclosed metal vehicle with the windows up. Also look for low ground, ditches, clumps of bushes, or trees of uniform height.

3. Know what to do if you can't reach a safe shelter. If you can't get to a safe shelter in time, you should immediately remove all metal objects, place your feet together and crouch down low in a baseball catcher's stance with your hands covering your ears.