

***Are You
Ready for a
Thunderstorm?***



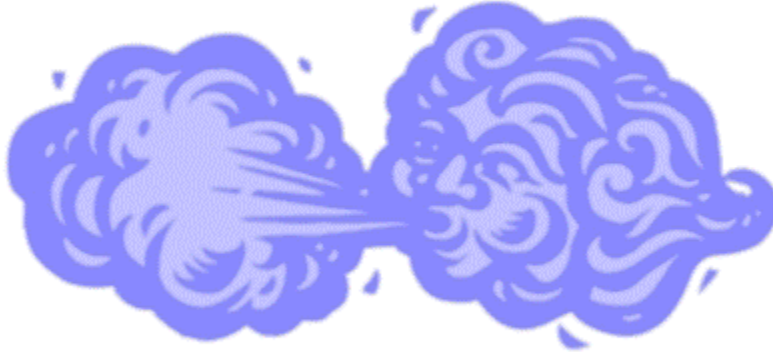
***Here's what you
can do.***





Are You Ready?

By achieving the following you are preparing to cope with the effects of a Thunder Storm.



- 1. Identify a safe place in your home. This should be far away as possible from windows and glass doors. Switch of non essential electrical appliances.*
- 2. Is in a vehicle. Stay in it, but do not wind the windows down. And stay away from all the metal surfaces. If you pull over, stop well off from the road and put your hazard lights on.*
- 3. Keep a rain coat with you. Do not use a steel tip umbrella in a thunder storm.*

4. When in the veld walking, identify places where you could take safe refuge.



5. Attend a first aid course.

Before Lightning Strikes

Thunder storms are always accompanied by lightning. They are normally intense local storms averaging 32 kilometers across. They can reach heights of up to 16 kilometres. In South Africa we experience them normally in the summer rainfall months. On the coast however they can occur all year around.

Keep a watch on the sky. Look for skies that are turning dark with large cloud formations. See if you can see lightening lighting up those clouds. Is there an increasing wind. Listen for the sound of thunder.



If you can hear thunder, you may already be close enough to be struck by lightning.


*Seek out shelter, now!
Listen to your radio station for weather bulletins.*

When a storm approaches

Find shelter in a building or a vehicle keep the car windows closed.

*Unplug electrical appliances.
Avoid using the telephone line as they can conduct electricity.*





Avoid taking a shower or bath. Get out of a swimming pool.

Draw curtains over the windows. If the windows should break, the curtains will protect you from flying glass.


If you are caught outside

If you are in the bush take shelter under the shortest trees. The same goes if you are in a wood or tree plantation.

Lightening will seek out the highest tree.

If you are out boating or swimming in a lake or dam return to shore and find shelter immediately.

Go to a low-lying, open place away from trees, poles or metal objects.



Make sure that the area you have chosen is not susceptible to flooding.

Don't stand under an individual tree. Crouch low to the ground. Place your head between your knees. Make yourself as small as possible.

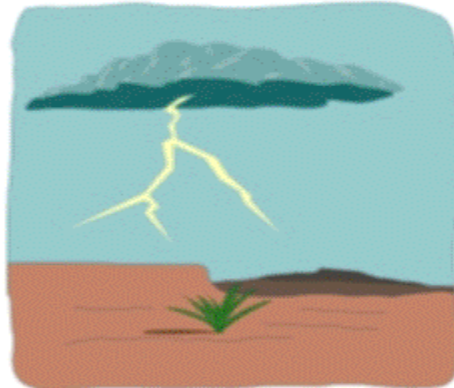
Do not lie flat on the ground as this will make you a bigger target.



After the storm

Stay away from damaged areas such as buildings, bridges and river banks.

Listen to the local radio station for information on the storm and its effects.





If someone is struck by lightning.



The injured person is safe to handle as the electrical charge would have left them.

As the person has received an electrical shock they may be burned where the lightning struck and where the charge left the body.

Look for these injury sites.

Give first aid.

*This might include
C.P.R.*

Get assistance as soon as possible.

Stay calm.

