



Lighting

Developed by:	Approved by:	Date created:	Last revision:
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Possible Hazards Present	Personal Protection Required	Additional Training	
<ul style="list-style-type: none"> - Burns - Shock - Electrocution 	<ul style="list-style-type: none"> - CSA Footwear - Secure Shelter - CSA Safety Glasses - Vehicle - Hearing Protection 		
<p>30-30 Rule</p> <ul style="list-style-type: none"> • 30 Seconds: Count the seconds between seeing the lightning flash and hearing the thunder clap. • Each second represents about 300 meters. If this time is 30 seconds or less, then the lightning storm is less than 10km away and there is an 80% chance that the next strike will happen within that 10km. • Seek shelter immediately • 30 Minutes: After seeing the last lightning flash or thunder clap, wait 30 minutes before leaving shelter. More than half of lightning deaths occur after the thunderstorm has passed. Stay in a safe area until you are sure the threat has passed. <p>SHELTER</p> <ol style="list-style-type: none"> 1. When a thunderstorm threatens, get inside a finished building (That's the best choice) or inside vehicle with the windows rolled up. 2. Stay away from windows, sinks, toilets, tubs, showers, electric boxes, outlets and appliances. Lightning can flow through these systems and "jump" to a person. 3. Do NOT take a shower or bath during a thunder & lightning storm. 4. If you are inside a vehicle during lightning avoid parking under trees or power lines that may topple over during a storm. Be aware of downed power lines that may be touching your vehicle. You are safe inside your vehicle however; you may receive a shock if you step outside. <p>CAUGHT OUTSIDE - NO SHELTER</p> <p>If outside, with no time to reach a safe shelter (building or vehicle) follow these rules:</p> <ol style="list-style-type: none"> a. Do NOT stand underneath a natural lightning rod: tall, isolated trees, towers, power lines, telephone poles etc. b. AVOID all unsafe shelters: metal objects such as power poles, fences, gates, small sheds, partial shelters, electrical equipment, railways and machinery. AVOID solitary trees, hilltops, water, open fields, high ground and caves. c. Stay away from metal fences, rebar, metal pipes, rails and other metallic paths 			



- which could carry lightning towards you.
- d. If you are in a forest, seek shelter in a low area under a thick growth of shorter trees. Crouch down away from tree trunks. In open areas, seek shelter in low places such as a ravine or a valley.
 - e. Get out of and away from open water. Lightning can strike water and travel some distance from its point of contact.
 - f. Ensure all tools are put down. Holding something can make you the tallest object and a target for lightning.
 - g. DO NOT stand in puddles even if you are wearing rubber boots.
 - h. If with a group ensure there are several meters between individuals to avoid lightning from jumping from person to person.
 - i. If you feel your skin tingle, your hair stands on end, and/or you hear “crackling noises” a strike may be about to happen. If outdoors, immediately remove metal objects and get into the lightning safety crouch.

Lightning Safety Crouch

- 1. Crouch down on the balls of your feet with your feet close together. Keep your hands on your knees and lower your head.
- 2. Some people may prefer to wrap their hands over their ears or cover the back of their neck. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT LIE DOWN ON THE GROUND!

** Remember, if you can hear thunder- you are close enough to be struck by lightning**

Helping Someone Who Is Struck By Lightning:

- 1. Call 911 and seek immediate emergency medical help
- 2. People who have been struck by lightning do NOT carry an electrical charge and are safe to handle.
- 3. Apply first aid, immediately.
- 4. Common injuries include cardiac arrest burns, open wounds and fractures.
- 5. If numerous people have been struck treat those who are unconscious first, they are at the greater risk of dying due to cardiac arrest.

Documentation/Legislation

This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.