



# Lightning Strikes without Warning!

## In prevention lies the only safety!

While we may be involved with the ongoing pandemic, we need to gear up for another less known threat to our lives, especially during the monsoon season across India.

In 2019, as per NCRB data, out of 8,145 accidental deaths attributable to forces of nature, 2,875 (35.3%) deaths were reported due to 'Lightning'. Majority (50.3%) of the victims who died due to accidents caused by forces of nature were from the age-group of 30-60 years.

### Recognise the risk!

We might think that lightning never strikes twice! It can, however, it will not be you who will be telling the tale. Do you want to take the chance of 300 million Volts and 30,000 Amps of electricity coursing through you?

### What can we do?

We can educate our housekeeping staff, our domestic assistants, our security personnel, in fact, just about anyone who has their roots in rural India, where agriculture and outdoor work is the norm.

### We can educate them to:

- ⚡ Perceive the threat to their lives first.
- ⚡ Adopt the lightning position, whenever they are at risk.
- ⚡ Guide them to go indoors.
- ⚡ Take shelter suitably.



**LIGHTNING POSITION**



## Outdoor Safety

- ✓ **Postpone outdoor activity** during thunderstorms by checking weather forecast if possible.
- ✓ **Go Indoors.** When thunder roars, go indoors! (i.e. when there is thunder, it is prudent to find your way inside a building).
- ✓ **Seek shelter.** Even if caught out in the open. Sitting inside a covered vehicle without touching metal parts is safer.
  - Get off elevated areas such as hills, or rooftops
  - Never lie flat on the ground. Get into the Lightning Position (as shown above)
  - Never shelter under an isolated tree
  - Never use a rocky overhang for shelter
  - Get out of and away from water bodies, including pools
  - Stay away from objects that conduct electricity (barbed wire fences, power lines, etc.)
- ✓ **Separate.** If you are in a group during a thunderstorm, separate from each other.
- ✓ **Don't stay** in open vehicles, structures, and spaces
- ✓ **Don't stay** near tall structures. Do NOT lie on concrete floors or lean on concrete walls during a thunderstorm.



**Do not take photos or selfies in the open, with electronic equipment.**

## Indoor Safety Tips

- ✓ **Avoid water.** Do not bathe, shower, wash dishes, or have any other contact with piped water supply during a thunderstorm.
- ✓ **Avoid electronic equipment.** Do not use your computer or anything connected to an electrical outlet.
- ✓ **Avoid corded phones.** However, it is safe to use cordless or cellular phones during a storm.
- ✓ **Avoid windows, doors, porches, and concrete.** Don't let children play on balconies or windows with metal mesh guards.