



Thunderstorms/Lightning



To be prepared for thunderstorms, you should:

- Remove dead/rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.

Remember the 30/30 lightning safety rule:

Go indoors after seeing lightning if you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

The following are guidelines for what you should do if a thunderstorm is likely in your area:

- Postpone outdoor activities
- Get inside a building
- Remember rubber-soled shoes and automobile tires provide NO protection from lightning
- Secure all outdoor objects which could blow away, cause or be damaged
- Secure windows and doors
- Avoid large steel framed objects if you have to move about during a thunderstorm

If you have to provide first-aid to a victim of a lightning strike, do the following:

- Call 911
- Breathing - If breathing has stopped, begin mouth to-mouth resuscitation
- Heartbeat - If no pulse, administer CPR
- If the victim has a pulse and is breathing, look for other possible injuries. Check for burns where the lightning entered and left to body. Also be alert for nervous system damage, broken bones, and loss of hearing and eyesight. Treat for shock.

Tornadoes:

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long.

Know Your Tornado Terms:

Tornado Watch - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.

What to do before a Tornado:

Be alert to changing weather conditions.

- Perform the same prep actions you would for a severe thunderstorm
- Listen to NOAA Weather Radio or to commercial radio or TV newscasts for the latest information
- Look for approaching storms
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train.

If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

If you are in:

Then:

Permanent Bldg	Go to your pre-identified shelter area. Should be the innermost room with no windows, preferably not against an outside wall.
A vehicle, trailer, or mobile home	Get out immediately and go to the lowest floor of a sturdy nearby bldg. Mobile homes provide little protection from tornadoes
Outside w/ no shelter	<ul style="list-style-type: none"> • Lie flat in a nearby ditch and cover your head w/ your hands • Avoid going under an overpass/ bridge • Beware of flying debris

Following a tornado, there is a high probability of wide spread damage. As you are performing recoveries operations, be aware of surroundings and look out for flooded areas, downed power-lines and sewage. Remain in contact w/ your Unit Control Centers for updates.