

AGC Tool Box Safety Talk

LIGHTNING STRIKES

INTRODUCTION

1. Review any accidents or “near accidents” from the past week.
2. Describe the hazards of the work as they relate to your project. Explain or show the SAFE way of doing the job.
3. Give the TOOL BOX SAFETY TALK

A single stroke of lightning may have 125,000,000 volts of electricity. That’s enough power to light a 100-watt light bulb for more than 3 months, or enough to seriously hurt or kill someone. For every five seconds you count, the lightning is one mile away. If you can see a flash and instantly hear thunder, the lightning strike is very close and you should seek shelter immediately. When you see lightning, follow these safety rules:

- If you're outdoors, seek shelter from lightning! Buildings are best for shelter, but if no buildings are available, try to find protection in a cave, ditch, or a canyon. Trees are not good cover! If you're in the woods, look for an area of shorter trees and crouch down away from tree trunks.
- Stay off or away from anything tall or high including rooftops, scaffolding, utility poles and ladders.
- If you're traveling, stay in your vehicle and roll up the windows. Don't touch the metal parts of your vehicle.
- Do not use metal objects outside, such as golf clubs or metal tools.
- If your skin tingles or your hair stands on the end, a lightning strike may be about to happen. Crouch down on the balls of your feet with your feet close together. Keep your hands on your knees and lower your head. Get as low as possible without touching your hands or knees to the ground. **DO NOT LIE DOWN!**
- When someone is struck by lightning, get emergency medical help as soon as possible. Often the person can be revived with cardiopulmonary resuscitation (CPR). There is no danger to anyone helping a person who has been struck by lightning - no electric charge remains. Start CPR immediately.

