

What to do if someone is struck by lightning

STAY INFORMED

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter.

- **Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.**
- **Call for help.** Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- **Give first aid.** Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- **If possible, move the victim to a safer place.** An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.

Coach's and Sports Official's Guide to Lightning Safety...



NOAA

NOAA WEATHER RADIO IS
THE BEST WAY TO RECEIVE
FORECASTS AND WARNINGS
FROM THE NATIONAL
WEATHER SERVICE.



Remember that all thunderstorms produce lightning and all lightning can be deadly to those outside.

LIGHTNING...
the underrated killer!

A SAFETY GUIDE

U.S. DEPARTMENT OF COMMERCE
NATIONAL OCEANIC AND
ATMOSPHERIC ADMINISTRATION

<http://www.lightningsafety.noaa.gov>

or contact us at:

National Weather Service
P.O. Box 1208
Gray, Maine 04039



NOAA



This safety guide has been prepared to help coaches and sports officials recognize the dangers of lightning and take appropriate safety precautions.

GYX 0301 (August 2003) - Revised