

## ESFI, LPI Urge Awareness of Lightning Safety

(NAPSA)—Lightning traditionally causes more deaths than tornadoes or hurricanes and occurs when outdoor activity reaches a peak. The Electrical Safety Foundation International (ESFI) and the Lightning Protection Institute (LPI) are reminding consumers and those who work outdoors of lightning safety guidelines.

Lightning strikes are fatal in approximately 10 percent of victims. Another 70 percent of survivors suffer serious long-term effects.

Outdoors is the most dangerous place to be during a lightning storm. Because lightning can travel sideways for up to 10 miles, blue skies are not a sign of safety. If you hear thunder, take cover.

Follow these guidelines to stay safe during electrical storms:

- If outdoors, go inside. Look for a shelter equipped with a lightning protection system.
- Go to a low point. Lightning hits the tallest object. Get down if you are in an exposed area.
- Stay away from trees.
- Avoid metal. Don't hold bats, golf clubs, fishing rods, tennis rackets or tools. Avoid clotheslines, poles and fences.
- If you feel a tingling sensation or your hair stands on end, lightning may be about to strike. Crouch down and cover your ears.
- Stay away from water, including pools, lakes, puddles and anything damp, such as grass.
- Don't stand close to other people.
- Once indoors, stay away from



windows and doors.

- Do not use corded telephones except for emergencies.
- Unplug electronic equipment before the storm arrives and avoid contact with electrical equipment or cords during storms.
- Avoid contact with plumbing. Do not take baths and showers during electrical storms.
- Don't forget pets during thunderstorms. Doghouses are not lightning-safe. Dogs that are chained can easily become lightning strike victims.

Victims of lightning strikes should be given CPR, if necessary, and medical attention.

For homes and building protection, consider contracting with an experienced LPI-certified lightning protection specialist to install a lightning protection system, which can intercept lightning strikes.

LPI recommends contacting lightning protection specialists or visit [www.lightning.org](http://www.lightning.org) for details. For more information on electrical safety, visit ESFI's Web site at [www.electrical-safety.org](http://www.electrical-safety.org).