

Your chances of being struck by lightning are one in 600,000 but can be reduced by following safety rules. Most lightning deaths and injuries occur when people are caught outdoors. In recent years, people have been killed by lightning while:

- boating
- loading a truck
- swimming
- playing soccer
- golfing
- fishing in a boat
- bike riding
- mountain
- climbing
- standing under a tree
- riding on a lawnmower
- talking on the phone

Check the weather forecast before leaving for extended periods outdoors and watch for signs of approaching storms. Postpone outdoor activities if thunderstorms are imminent. If you can hear thunder, seek shelter. Move to a sturdy building or car. Do not take shelter in small sheds, under isolated trees, or in a convertible. Get out of boats and away from water. Do not stay in the pool or take a bath/shower. Keep away from objects that might conduct electricity (such as pipes, and metal doorframes). Do not use electrical appliances or the telephone unless it is cordless. Do not get close to electrical appliances such as plug-in radios and TVs. Do not take a bath or shower during a storm. Water helps conduct electricity. If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible and minimize your contact with the ground.

