



Company Name: \_\_\_\_\_ Job Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Foreman/Supervisor: \_\_\_\_\_

**Topic 364: Lightning Safety on the Job**

**Introduction:** When it comes to a choice between safety or productivity, always choose safety. Lightning safety awareness must be a priority when lightning is around on an outdoor job. Following are guidelines for outdoor lightning safety:



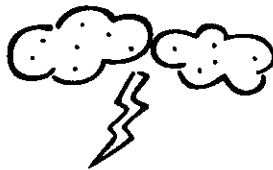
- **Monitor weather conditions** before going out on the job. If thunderstorms are forecast, be prepared to shut down the job until the threat is past.
- **Keep an eye** (and ear) on the weather throughout the day. If lightning threatens, seek shelter indoors.
- **If you are caught** outdoors in a storm, knowing what is safe shelter is essential to avoiding lightning strikes. Safe shelter sites include:

- \* Fully enclosed metal vehicles with the windows rolled up.
- \* Substantial buildings.
- \* Low ground -- seek cover in clumps of bushes.
- \* Trees of uniform height, such as a forest.



- **Unsafe areas** to seek shelter would include:

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| <ul style="list-style-type: none"> <li>* Electrical equipment</li> <li>* Heavy and road machinery</li> <li>* Power poles</li> <li>* Solitary trees</li> <li>* Water</li> </ul> | <ul style="list-style-type: none"> <li>* Open fields</li> <li>* High ground and caves</li> <li>* All outdoor metal objects, like fences and gates</li> <li>* High mast light poles, and metal bleachers</li> </ul> |
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- **The lightning's distance** can be roughly determined by the following: If you hear thunder, the associated lightning is at most 6-8 miles away. The distance lightning can strike ahead of a thunderstorm can also be a number of miles. If you hear thunder, suspend activities while allowing sufficient time to seek shelter.
- **If you feel** your hair standing on end, and/or hear "crackling noises," you are in lightning's electric field AND IT IS CLOSE.
- **If lightning is** exceptionally close and you are caught outside without shelter, immediately remove metal objects (including baseball cap). Place these metal objects away from you, NOT IN YOUR POCKET. Put your feet together, duck your head, and crouch down low in baseball catcher's stance with hands on knees.
- **Wait a minimum** of 30 minutes from the last observed lightning or sound of thunder before resuming activities. Be cautious following a thunderstorm as the lightning may not be over.
- **People who** have been struck by lightning do not carry an electric charge and are safe to touch. Administer first aid immediately if qualified to do so, and seek emergency medical assistance promptly.



**Conclusion:** The odds are you will not be hit by lightning, however, it has happened to people enough times to make lightning a valid hazard. Most lightning strikes are preventable by using common sense and by following the above safety guidelines.

**Work Site Review**

Work-Site Hazards and Safety Suggestions: \_\_\_\_\_

Personnel Safety Violations: \_\_\_\_\_

Material Safety Data Sheets Reviewed: \_\_\_\_\_ (Name of Chemical)

**Employee Signatures:** \_\_\_\_\_  
 (My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)


**Foreman/Supervisor's Signature:** \_\_\_\_\_  
 These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.