

- Stay indoors when there is lightning activity. Don't go outside unless absolutely necessary.
- If you are indoors, keep away from doors, windows, fireplaces, radiators, stoves, metal pipes, sinks or other charge conductors. Disconnect electrical appliances such as TV's and radios. Don't handle electrical equipment or telephones during an electrical storm.
- If you are caught outdoors, seek shelter in a building, cave or depressed area.
- If you are swimming or in a small boat, get out of the water and back to shore immediately.
- Keep away from fences and telephone and power lines.
- Don't use equipment such as tractors, golf carts, motorcycles, lawn mowers or bicycles. Get off and away from them; they can be electrical conductors. Don't use metal shovels, golf clubs, clotheslines, etc.
- Don't be the tallest object in an open area. Get well away from hilltops and trees. Never take shelter under a tree.
- If you're caught in the open, kneel with your feet close together and lower your head. Do not lie flat.
- If you are in your car, stay there. It will give excellent protection from lightning. Pull away from trees that might fall on the car. Stay in your car until the storm passes and it is safe to drive again.

### **Tornadoes**

Tornadoes, or "twisters", are violent windstorms characterized by a twisting funnel-shaped cloud which forms at a base of a cloud bank and points toward the ground.

Tornadoes occur in conjunction with severe thunderstorms, and are accompanied by lightning and sometimes heavy rain or hail. Their destructive force comes from the extremely high winds - 150 km/hour and higher - and very low air pressure which forms the tornado.

Tornadoes strike suddenly; their loud roaring noise will alert you that one is coming. They move rapidly (50-70 km/hour) and normally touch ground for less than 20 minutes.

- Choose a shelter area in advance. If you spot a tornado, you probably won't have time to look for shelter. Know the best shelter space in your office, as well as in your home. Hold