



Lighting

100 people die from lightning each year in Colorado. Most of these victims were engaged in outdoor activities and in places where lightning is common: mountain



tops, under a lone tree, flat wide open areas, and on bodies of water. Lightning strikes occur most often from noon on, but can happen anytime.

If Thunderstorms are Near

- ◆ Descend below treeline.
- ◆ Avoid wet areas, crevices and gullies.
- ◆ Stay out of small depressions.
- ◆ Stay out of small caves.
- ◆ Do not stand under overhanging rocks.
- ◆ Stand away from all metals; take metal-framed packs off.
- ◆ Spread away from companions.
- ◆ Stay away from isolated trees.
- ◆ Avoid projecting above the surrounding landscape (don't be the tallest object).
- ◆ Go to a valley, canyon - be alert for flash flooding - or a thick growth of small trees.

If the atmosphere feels electric (hair stands on end), crouch down on an insulating object, such as coiled rope, insulite pad, or sleeping bag (dry). Keep feet close together, arms wrapped around knees with hands off the ground.

When Lightning Strikes A Person . . .

CALL 911 OR LOCAL EMERGENCY NUMBER!

Tell number of victims, location, condition, help being given.

BEFORE GIVING ASSISTANCE, PROTECT YOURSELF! Minimize exposure to lightning.

If more than one person is struck, assist the person who appears to be most seriously injured - they may even appear dead, may be only unconscious.

If the victim is not breathing:

Begin rescue breathing.

If a person's heart has stopped, begin CPR.

If victim appears less seriously injured:

Keep person off their feet.

Keep person warm.

Check for burns, especially at fingers, toes, next to jewelry or watches, and soles of shoes or feet. Apply appropriate first aid.