

Procedures: Weather Safety

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Sumlar Therapy Services, Inc.

Retreat indoors and stay indoors after hearing thunder or seeing lightning. Once activities have been suspended, wait at least 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles or light poles.

Individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises should assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered and ears covered). Do not lie flat on the ground.

Observe the following basic first aid procedures in managing victims of a lightning strike: Survey the scene for safety.

1. Activate local Emergency Medical Services.
2. Lightning victims do not 'carry a charge' and are safe to touch.
3. If necessary, move the victim with care to a safer location.
4. Evaluate airway, breathing and circulation, and begin CPR if necessary.
5. Evaluate and treat for hypothermia, shock, fractures and/or burns.

Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.

Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.

Many therapists travel to various service locations as part of their work duties. It is the therapist's responsibility to be aware of the weather situation, and make judgments about advisability of travel. Following the lead of the local school system is often advisable.