

Lightning

ACTION CHECKLIST

When you hear thunder, move into a substantial building or enclosed hard-top vehicle immediately. There is no safe place outdoors during a thunderstorm. Wait at least 30 minutes after the last thunder before going back out.

[] Leave exposed areas

Get out of water and off ridges, fields and beaches. Do not shelter beneath a lone tree.

[] Choose real shelter

Use a building or enclosed hard-top vehicle; picnic shelters and tents are not adequate.

[] Avoid indoor pathways

Stay away from showers, sinks, corded phones and plugged-in equipment.

[] Help a struck person

Call emergency services. A lightning victim carries no electrical charge; give CPR if needed and follow dispatcher instructions.

WATCH FOR

Lightning can strike beyond rainfall. Do not wait for rain to seek shelter.

IF HELP IS UNAVAILABLE

Choose a substantial building or enclosed hard-top vehicle now. A tent, tree or open-sided shelter is not protective. If no shelter is available, reduce exposure while moving toward one; there is no outdoor posture that makes lightning safe.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/lightning/>

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