

Safe Work Practice

SWP #3

Page: 2 of 2

June, 2020:

Revision: 2

If you are caught outside

anything made of metal, and avoid open water or open areas, such as fields. Crouch down in a ball-like position (feet and knees together) with your head tucked and hands over your ears so that you are down low with minimal contact with the ground. Never lie flat on the ground. **In a forest**, seek shelter in a low-

First aid for lightning victims

Always make sure you are safe from lightning strike before attempting to help others.

Lightning victims do not carry an electrical charge and can be safely handled.

Call for help. Victims may be suffering from burns or shock and should receive medical attention immediately. Call 911.

Give first aid. If breathing has stopped, administer cardio-pulmonary resuscitation (CPR). Use an automatic external defibrillator if one is available.

Regulations, Standards and References

Environment Canada <https://www.canada.ca/en/environment-climate-change/services/lightning.html>