

# SAFETY RULES

(adapted from Dr. Vincent J. Schaeffer and John A. Day, *A Field Guide to the Atmosphere*)

## Tornado Safety Rules

1. During tornado season, have your game plan worked out in advance.
2. When a tornado alert is sounded, get set.
3. Watch any thunderstorm clouds for signs of a funnel; know who the local authorities are.
4. If you have no cyclone cellar, the next best place for shelter is the southwest corner of the basement. Tornadoes usually move from the southwest, and when the house is ripped down, the pieces are most likely to fall into the northeast part of the basement.
5. Open windows and doors to allow internal adjustments to rapid external pressure changes.
6. Funnel may not be visible at night or during heavy rain. If a loud roar is heard, it means the funnel is very close. Crawl under the bed.
7. If the tornado approaches a school, hospital or other densely populated building, the situation is particularly dangerous. If the tornado is far enough away, evacuate to a nearby deep ditch. Otherwise, occupants should sit close to an interior wall.
8. Tornadoes usually move at speeds of 20 to 30 mph - they can be outrun by persons in cars. If this is not possible, get out of the car, find a ditch, and lie low while the funnel passes.
9. If a funnel passes directly overhead, try to keep presence of mind and remember what you see; write it down and send it to either of the authors. Take a picture, if possible, without risking life or limb.

## Lightning Safety Rules

### If indoors:

1. Stay indoors
2. Disconnect electrical appliances if they are not needed.
3. Don't use the telephone unless it is necessary to call the authorities. Lightning may enter the house via the telephone lines.
4. Don't go outside to bring in the laundry.

### If outdoors.

1. Cease work immediately.
2. Get in an automobile, or stay in your automobile, and keep driving. Automobiles offer excellent lightning protection, and afford a good overall view.
3. If no automobiles are available, seek shelter in buildings. If no buildings are available, your best protection is a cave, ditch or canyon or under head-hi clumps of trees or bushes in open forest glades.
4. When there is no shelter, avoid the highest object in the area. If you are taller than the person you are walking with, your best protection is to crouch down, keeping at least twice as far away from that person as that person is high  
(Note: Persons struck by lightning receive a shock and may be burned but can be safely handled.)
5. If you are hiking and have a backpack, put backpack on ground, and kneel on it.
6. If your hair stands on end, your skin tingles, or you see a bluish glow called St Elmo's Fire emitting from metal objects, lightning is about to strike. Remove the lens cap from your camera and set on "auto".