

Lightning

Construction workers who work in open spaces, on roofs, or other high places are at the greatest risk of being struck by lightning. Workers struck by lightning can be killed or suffer burns, nervous system damage, and other health problems.

Tom's Story

Tom was repairing a roof on a three story structure. He could hear thunder but thought he would be able to complete the work before the storm hit. The storm was closer than Tom realized. Before he could get off the roof, he was hit by lightning and killed.

- ✘ How could this fatality have been avoided?
- ✘ Have you or someone you know been struck by lightning while at work? What happened?

Remember This

- Get into an enclosed building and do not use plug-in power tools or machines. If you can't find a building, get into a car or truck with the windows closed. Do not touch the doors or other metal inside. Remain inside for at least 30 minutes after hearing the last sound of thunder.

- Do not be the tallest object in an area. Do not stand out in the open, or on a roof, under a tree or in an open shelter.
- Keep away from water and metal objects—pipes, light poles, door frames, metal fences, communication towers—indoors or out.
- Follow your employer's Emergency Action Plan (EAP). Your employer should have a written plan that includes lightning safety procedures.
- If you are out in the open and have nowhere to go, squat down with your feet together and only let your feet touch the ground. Do not lie flat on the ground. Lightning travels through the ground. The more contact you have, the greater your risk for injury or death. Put your hands over your ears to protect against noise.

A victim does not stay electrified. You can touch him/her right away. If a co-worker has been struck by lightning,

1. Call 911
2. Move the victim to a sheltered area.
3. If the victim has no pulse, perform CPR. If there is a portable defibrillator, follow the instructions.

How can we stay safe today?

What will we do at the worksite to avoid being injured by lightning?

1. _____

2. _____

OSHA Standard 1926.35

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- ✘ If you hear thunder, get into an enclosed building or shelter. Do not stand out in the open, on a roof, or in an open shelter.
- ✘ If you can't find a building, get into a vehicle with the windows closed. Do not touch the doors or other metal inside.
- ✘ Keep away from objects that can conduct an electrical current, such as scaffolds, heavy equipment, pipes, light poles, plug-in power tools, trees and water.