#### heroffice.gc.ca Use The 30/30 Rule Use The 30/30 Rule Take appropriate shelter when Take appropriate shelter when you count 30 seconds or fewer you count 30 seconds or fewer between lightning and thunder. between lightning and thunder. Remain sheltered for 30 minutes Remain sheltered for 30 minutes after the last thunder. after the last thunder. Canadä Canadä Environment Canada Environment Canada theroffice.gc.ca atheroffice.gc.ca Use The 30/30 Rule Use The 30/30 Rule Take appropriate shelter when Take appropriate shelter when you count 30 seconds or fewer you count 30 seconds or fewer between lightning and thunder. between lightning and thunder. Remain sheltered for 30 minutes Remain sheltered for 30 minutes after the last thunder. after the last thunder. Canadä Canada' Use The 30/30 Rule Use The 30/30 Rule Take appropriate shelter when Take appropriate shelter when you count 30 seconds or fewer you count 30 seconds or fewer between lightning and thunder. between lightning and thunder. Remain sheltered for 30 minutes Remain sheltered for 30 minutes after the last thunder. after the last thunder. anadä anadä Environment Canada theroffice.gc.ca Use The 30/30 Rule Use The 30/30 Rule Take appropriate shelter when Take appropriate shelter when you count 30 seconds or fewer you count 30 seconds or fewer between lightning and thunder. between lightning and thunder. Remain sheltered for 30 minutes Remain sheltered for 30 minutes after the last thunder. after the last thunder. Canadä Canad'ä Environment Canada Environment Canada Use The 30/30 Rule Use The 30/30 Rule Take appropriate shelter when Take appropriate shelter when you count 30 seconds or fewer you count 30 seconds or fewer between lightning and thunder. between lightning and thunder. Remain sheltered for 30 minutes Remain sheltered for 30 minutes after the last thunder. after the last thunder. **C**anadä Canadä Environnement Canada Environment Canada Environnement Canada

#### LIGHTNING SAFETY TIPS

If Caught In A Level Field Far From Shelter and you feel your hair stand on end, lightning may be about to hit you. Crouch on the ground immediately, with feet together, placing your hands on your knees and bending forward. Don't lie flat.

Keep A Safe Distance From Tall Objects, such as trees, hilltops and telephone poles.

Stay Away From Objects That Conduct Electricity, such as golf clubs, metal fences, bicycles and fishing rods.

If You Are In A Group In The Open, spread out, keeping people several metres apart.



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