



INJURY PREVENTION

Quick Review of Safety

Severe Weather

WATCH VS. WARNING

- A watch means that conditions are favorable for severe weather to occur.
- A warning means that severe weather has occurred, and you should take appropriate actions.

WHEN YOU ARE INDOORS

TORNADOES

- Proceed to the designated safety area.
- If a designated area is not defined, the safest area within a building is underground or on the lowest level in an interior room away from windows. Large warehouses or buildings with wide-open areas are significantly less safe than other types of structures.
- Avoid seeking shelter in pre-fabricated homes.
- Lay flat on the ground with your hands behind your head.

LIGHTNING

- If you hear thunder, it is best to stay indoors and avoid using corded electrical equipment or leaning against metal support structures for a facility.

HIGH WINDS, HAIL

- Take shelter indoors in a sturdy building away from windows.
- Avoid putting yourself at risk by going outside to protect property from hail.

(Over)



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(Over)

WHEN YOU ARE OUTDOORS

TORNADOES

- It is not safe to be outdoors during a tornado. If possible, move to a sturdy structure and then to an interior room either below ground or on the lowest level away from windows.
- If trapped outdoors away from buildings, make a quick assessment to ensure you are not sheltering under power lines or other hazardous conditions. Then find the lowest lying area nearby and lay flat facedown with your hands over your head. You may also take shelter in your car and hide below the steering wheel. Neither of these situations is ideal and should only be used as a last resort.
- Avoid sheltering under overpasses or bridges as these places put people at greater risk for injuries.
- Do not try to outrun a tornado in a car; traffic jams or downed trees or power lines can stop a car and leave no other method of escape.

LIGHTNING

- If outdoors move to interior shelter as quickly as possible.
- Steel-shelled vehicles can offer protection but avoid making contact with the steel frame. Fiberglass, plastic or cloth tops do not offer protection against lightning.
- Avoid taking shelter under trees or other tall objects.

HIGH WINDS, HAIL

- When possible move indoors to a room away from windows. Use an object to protect your head from hail until you get indoors.
- If it is not possible to seek shelter indoors, find a car or other object to offer some overhead protection.
- Trees or other objects can be blown over in strong winds. Fixed sturdy structures or objects are the best protection.
- When driving, depending on the severity of the storm, pull over safely and wait for the storm to pass. Be wary of nearby trees, telephone poles or other items that may fall.

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