



# KCA TOOL BOX TALK: Lightning Safety

The summer months cause the highest risk for lightning injuries and fatalities. Nearly a quarter of annual lightning fatalities nationwide are related to work activities. Workers in construction and roofing are among those that are the most vulnerable to lightning strikes.

Remember that OSHA prohibits work on or from scaffolds, crane hoists, and work on top of walls during storms or high winds. Whether you're at work *or at home*, OSHA suggests following some basic tips listed below.

## OSHA Safety Tips for Working Outdoors:

- Check NOAA weather reports ([weather.gov](http://weather.gov)) and radio forecasts
- Monitor weather conditions during outdoor activities
- Reschedule jobs to avoid being caught outside in hazardous weather conditions
- Seek shelter in a fully enclosed building or metal vehicle, and *do not exit until 30 minutes after the threat has passed*
- Avoid bodies of water, plumbing, wired electrical devices, metal fencing, and other items that conduct electricity
- If trapped outside, do not seek shelter under a single tree; look for dense areas of smaller trees surrounded by larger trees
- Never lie flat on the ground due to potential ground currents
- Leave areas of high elevation, open fields, and flooded ground
- When indoors, stay away from windows, doors, and concrete walls or floors
- After hearing thunder, do not use corded phones except in an emergency but Cell phones and cordless phones may be used safely
- Training should be provided for each outdoor worksite, so that supervisors and workers know in advance where a worksite's safe shelters are and the time it takes to reach them
- Avoid isolated tall trees, hilltops, utility poles, cell phone towers, cranes, large equipment, ladders, scaffolding, or rooftops
- Employers should have a written Emergency Action Plan (EAP), as outlined in 29 CFR 1926.35 and should include a written lightning safety protocol for outdoor workers

For more information see OSHA Regulations:

(29 CFR 1926.451(f)(12), (29 CFR 1926.1431(k)(8), 29 CFR 1926.854(c))

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