



## Hazards Information

---



### *Lightning*

Colorado ranks 8th in the nation for number of injuries and deaths caused by lightning.

- All thunderstorms produce dangerous lightning
- Lightning can strike up to 10 miles away from rainfall
- 10% of people struck by lightning die, and 70% of survivors suffer serious long-term effects
- Lightning can strike in the same place twice – or more
- Lightning strike victims need to receive immediate help

### *Outdoor Lightning Safety*

- Outdoors is the most dangerous place to be during a lightning storm
- Take shelter in a building or an enclosed vehicle
- Remember the 30-30 rule: Take cover if you hear thunder within 30 seconds of seeing lightning; wait at least 30 minutes after the last lightning flash or thunder before resuming outdoor activity
- Do not touch anything metal
- Avoid standing water
- Most people struck by lightning are not in the rain; take shelter immediately
- If you feel your hair stand on end or your skin tingle, squat low to the ground with your hands behind or on top of your head. DO NOT LIE FLAT ON THE GROUND!

### *Indoor Lightning Safety*

- Avoid hard-wired phones
- Avoid using electrical equipment
- Avoid plumbing – wait until the storm passes to wash your hands, do dishes, shower or do laundry
- Stay away from doors and windows
- Do not lie on concrete floors

## ***High Wind***

Violent down slope winds referred to as “chinooks” are common in Boulder County. These powerful winds are most common from December through May.

Follow the same precautions for high winds that you would for tornados:

### ***At home or at work:***

- Go to the basement. If there is no basement, go to an interior hallway or small interior room, on the lowest floor, such as a bathroom or a closet
- Avoid windows
- Do not remain in a trailer or mobile home when high winds and strong gusts are present. Take cover in a sturdier building or in a ditch.
- If you are in a high-rise building, go to the most interior rooms or hallways

### ***At school:***

- Follow instructions of authorities/teachers.
- Stay out of structures with wide free-span roofs like auditoriums and gyms

### ***In a car or outside:***

- Seek cover in a nearby building, or lie flat in a ditch or ravine
- Avoid seeking shelter under an overpass or bridge

## ***Winter Storms***

A blizzard is the most dangerous of all winter storms. It combines low temperatures, heavy snowfall, and winds of at least 35 miles per hour, reducing visibility to only a few yards.

A heavy snowstorm is one that drops 4 or more inches of snow in a 12-hour period.

An ice storm occurs when moisture falls and freezes immediately upon impact.

### ***Before the Storm***

- Be familiar with winter storm watch and warning messages
- Service snow removal equipment and have rock salt on hand to melt ice on walkways and sand or kitty litter to generate temporary traction
- To keep pipes from freezing, wrap them in insulation or layers of newspaper, then cover with plastic to keep out moisture
- Insulate walls and attic
- Caulk and weather-strip doors and windows
- Install storm windows or cover windows with plastic from the inside
- Locate water valves and know how to shut them off, if necessary

## *During the Storm*

### **Indoors:**

- Stay inside.
- If you are using alternative heat, follow fire safety guidelines and ensure proper ventilation.
- Close off any unused rooms.
- Put towels at the base of doors.
- Eat nutritious foods and drink plenty of fluids to provide energy and stay hydrated.

### **Outdoors:**

- Find shelter. If none is available, build a lean-to, windbreak or snow cave for protection from the wind.
- Build a fire for heat and to attract attention. Place rocks around the fire to absorb and reflect heat.
- Eating snow for hydration will cause your body temperature to drop; melt it first.
- If you are stuck in your car, run the motor for 10 minutes each hour for heat. Make sure that your tailpipe is clear of snow.
- Make yourself visible to rescuers by turning on the dome light at night when running the engine, or by tying a brightly colored cloth to your antenna.
- Exercise periodically by energetically moving legs, arms, fingers and toes to increase circulation and body temperature.

## *After the Storm*

- Assist neighbors who may need assistance, such as the elderly, people with infants, or those with special needs
- Remove ice and snow from tree limbs, roof and other structures after the storm passes
- When shoveling snow, avoid overexertion. Colder temperatures add strain to the heart, and can make strenuous activity feel less tiring. Be attentive to signs of dehydration.
- When outdoors, wear layers of warm, loose-fitting, lightweight clothing. Layers can be removed to prevent chill. Cover your mouth to protect your lungs from extremely cold air and avoid speaking unnecessarily.
- Watch for signs of frostbite, such as loss of feeling and a pale appearance in fingers, toes, nose and earlobes. If these signs are present, seek immediate medical attention.
- Watch for signs of hypothermia, including uncontrollable shivering, slow or slurred speech, exhaustion and stumbling. If these are detected, get to a warm location, remove wet clothing and drink warm, non-alcoholic beverages. Get medical attention as soon as possible.

## *Winter driving*

- Winterize your car, including a battery check, antifreeze, oil level and tires. Check thermostat, ignition system, lights, hazard lights, exhaust system, heater, defroster and brakes. Snow tires are recommended, and chains may be required in certain conditions, especially in the mountains.
- Always keep your gas tank at least half full.

### ***Assemble a Winter Car Kit***

- |   |   |
|---|---|
| <input type="checkbox"/> Shovel                         | <input type="checkbox"/> Tow chain or rope              |
| <input type="checkbox"/> Windshield scraper             | <input type="checkbox"/> Tire chains                    |
| <input type="checkbox"/> Battery-powered radio          | <input type="checkbox"/> Bag of road salt and/or sand   |
| <input type="checkbox"/> Flashlight and extra batteries | <input type="checkbox"/> Brightly colored distress flag |
| <input type="checkbox"/> Water                          | <input type="checkbox"/> Booster cables                 |
| <input type="checkbox"/> Snack food                     | <input type="checkbox"/> Road maps                      |
| <input type="checkbox"/> Hat and mittens or gloves      | <input type="checkbox"/> Emergency reflectors           |

### ***Tornado***

Most tornadoes in Colorado occur during May, June, and July, moving from southwest to northeast, but the direction can suddenly change.

- TORNADO WATCH - conditions are present for a tornado
- Keep a radio/TV tuned for further information, and gather emergency supplies.
- TORNADO WARNING - a tornado has been sighted or is imminent. Take shelter immediately in a sturdy building.

### ***At home or work:***

- Go to the basement. If there is no basement, go to an interior hallway or small interior room, on the lowest floor, such as a bathroom or a closet
- Avoid windows.
- If you are in a high-rise building, go to the most interior rooms or hallways

### ***At school:***

- Follow instructions of authorities/teachers
- Stay out of structures with wide free-span roofs like auditoriums and gyms

### ***In a car or outside:***

- Seek cover in a nearby building, or lie flat in a ditch or ravine
- Avoid seeking shelter under an overpass or bridge