



Sphere India  
*National Coalition of Humanitarian Agencies in India*

# Lightning Safety Tips

Follow **Damini App** for Lightning-related warnings in your locality

*As the guidelines issued by National Disaster Management Authority*



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# What Can Be Done **Before** Lightning?



**Cut down/trim trees  
that may fall  
on your home**



**Consider buying surge  
protectors, lightning rods,  
or a lightning protection  
system to protect your  
home, appliances and  
electronic devices**



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# What Can Be Done **During** Lightning ?

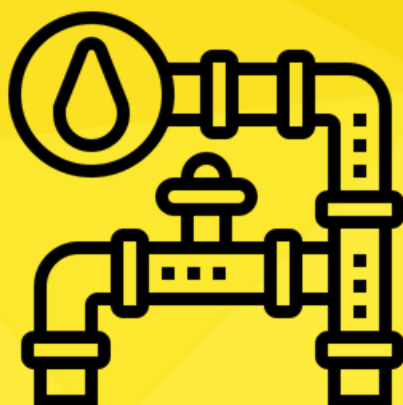
If Indoors



**Unplug electrical equipment ; don't use corded telephone**



**Stay away from windows and doors; stay off verandas**



**Don't touch plumbing & metal pipes. Don't use running water**



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# What Can Be Done **During** Lightning ?

## If Outdoors



**Get inside a house /building.  
Stay away from structures  
with tin roofs/metal sheets**



**If caught under open sky,  
crouch. Don't lie down or  
place your hand on ground.**



**Don't take shelter  
near/under trees**



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# What Can Be Done **During** Lightning ?

## If Outdoors



**If you are outside, seek refuge in a car or grounded building**



**Stay put if you are inside a car/bus/covered vehicle**



**Stay away from power /telephone lines; don't use metallic objects.**





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# What Can Be Done **After** Lightning ?



**Watch out for fallen power lines and trees. Report them immediately**



**Administer CPR, (Cardio Pulmonary Resuscitation), if needed.**



**Seek medical attention immediately**



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