

# LIGHTNING AROUND?



## Use the 30/30 rule for lightning safety

Being outdoors when storms are within 10km is extremely dangerous. Risks include lightning strikes, flying objects, poor air quality and poor visibility.

When you see lightning, count the seconds between the flash of lightning and the sound of thunder.

### *Less than 30 seconds?*

Suspend play - the storm is less than 10km away. Take shelter indoors.

### *More than 30 seconds?*

Keep monitoring, and if there is any doubt, suspend play.

**SUSPEND PLAY FOR AT LEAST 30 MINUTES, AND WAIT TO RESUME UNTIL 30 MINUTES AFTER THE LAST AUDIBLE SOUND OF THUNDER.**

## CAUGHT IN A THUNDERSTORM?

**Shelter** in an enclosed building or vehicle (avoiding metal).

**Don't shelter** anywhere open, under trees or near metal.

If someone is struck by lightning **call 000 immediately** and begin CPR, using a defibrillator if possible.

**Monitor weather conditions** through The Bureau of Meteorology (BOM) app or website.

**Wow**  
**SOUND TRAVELS AT A SPEED OF 1KM EVERY 3 SECONDS**

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