



A plan for addressing lightning, like all other environmental hazards, must be discussed and practiced prior to its occurrence. Camp choice is important to avoid falling branches and trees associated with the potentially high winds generated by thunder storms. The camp in the case study is well-chosen, reasonably secure from windblown debris, and the tents are well spaced. If awakened by a severe/close storm at night, stay in your shelter and assume a squatting position on your sleeping pad or pack your duffel and sit on it. This will remove your head and torso from direct contact with the ground and decrease the chance that ground current emanating from a close strike will cause respiratory or cardiac arrest. Cover your ears with your hands to help prevent a ruptured ear drum from the rapidly expanding air (thunder) of a close strike. Close your eyes. Arrange an "okay" flashlight signal with members of your party sleeping in other shelters with instructions to give the signal after any close strike. People in a shelter who do NOT return the "okay" signal after a close strike require immediate investigation as they may have been struck by ground current and require assistance.

Visit <http://www.wildernessfirstresponderonline.com/lightning-injuries.html> for complete discussion and videos on lightning prevention, injuries, and treatment.