

# GET UP AND

GO

GO

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## How to Avoid Getting Hit by Lightning

Imagine for a moment that you are outside, on a hot, dry summer day. You are enjoying yourself, but then the sky gets darker. Clouds block out the sun. In the distance, you see the bright flash of lightning and hear the booming clap of thunder. You hear it coming nearer, and fear that you may be struck.

Lightning is a powerful force of nature. Lightning is electricity that is discharged from a cloud. It is like when you rub your shoes on the carpet on a dry day. Imagine that you are the cloud. There is static electricity in you, waiting to escape. The next person you touch (or any metal object) is the ground. Zap! You feel the jolt, and you may even see the light arching between your finger and the "ground". Lightning is the same, on a much larger scale.

There is no way to completely stop lightning, but if you're careful, you can avoid injury or death.

Avoid being out in any open areas like fields, golf courses, or parking lots. Here you are the tallest thing around, and the easiest target.

Stay away from forms of metal. Lightning is electricity and metal is a conductor of electricity. So are you. You and the metal together make a fine target.

Stop swimming and get away from water. Water is a conductor.

Don't stand under tall objects like trees or towers. As tall objects, these are easy targets, and the electricity might jump to you too.

Find a car and get in it. Cars are very safe places to be during lightning storms. Even though it is metal and seems like a perfect target, if it is struck the electricity will conduct through metal in the car, and around your body, not through it, and into the ground.

If you get caught in an open field during a lightning storm, find a ditch to lie in if possible. If not, crouch down with your head between your knees (and don't lie flat). Try to become as small as possible.



### EHC Wellness Team

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Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.

## Nutritious Recipe Column

### Spinach & Raspberry Salad

Bag of Baby Spinach

1 cup Raspberry

1 cup Feta Cheese

½ cup glazed Walnuts

½ cup chopped red onions

Toss with light Raspberry Walnut Dressing

Enjoy!!



"Don't judge each day by the harvest you reap but by the seeds that you plant."

-Robert Louis Stevenson

### Stretches by the Month—Exercise for Sciatica



#### Upcoming events:

Friday Jul 31, 2015 7:00 pm Stage East presents Almost, Maine, Eastport › Eastport Arts Center

Saturday Aug 1, 2015 8:30 am Treat Island Paddle, Lubec › Lubec Town Landing

Submit ideas for the newsletter to [lbryant@eastporthealth.org](mailto:lbryant@eastporthealth.org)