5 Lightning Safety Tips For When You’re Caught in a Storm

Categories : General, Health/Fitness

Lightning is one of those things that divides people - on the one side you have the people who are terrified of lightning, who run indoors for fear of being struck by lightning. On the other side, you have the people who just carry on regardless, assuming there is nothing to worry about as no one really gets struck by lightning...

As with many things like this, I think the best approach is somewhere in the middle - there is a serious and real danger undertaking certain activities in a lightning storm, that said, it doesn't mean the whole world has to stop until the storm has passed.

If you do find yourself stuck out in thunder and lightning, below are 5 tips and some additional advice to help keep you safe.

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(Photo from: Wikimedia Commons)