

Job site: _____
 Foreman: _____

Date: _____
 G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3 style="margin: 0;">Lightning Strikes</h3> <ul style="list-style-type: none"> According to the Center to Protect Workers' Rights, each year lightning kills about 80 people and injures hundreds in the United States. Construction-related jobs most often struck by lightning include workers, laborers, machine operators, roofers, and pipefitters. Sideflashes and direct strikes are two ways in which lightning can strike a person. A sideflash may occur when the body of a person provides an alternate or parallel path for the current. This means the person may create the path for the current to reach the ground. If the current passes through the head or heart, death is a likely result. A direct strike can result in cardiac arrest and/or stoppage of breathing. Other injuries from lightning may include burns, nervous system damage, broken bones, loss of hearing or eyesight, confusion, or loss of memory. First aid for lightning victims needs to be carried out immediately. Get to the victim as quickly as possible, but ensure the lightning electrical current is not in the area. Check breathing and pulse if the victim is unconscious. If the victim has a pulse but is not breathing, begin artificial ventilation. If there is no pulse, begin chest compressions. Check for other injuries, such as possible fractures and burns. Cover burn areas with dry, sterile dressings but do not cool the burn. There may be more than one burn area—one where the current entered the body and another where it exited the body. Check for burns, especially at fingers and toes, and areas next to metal objects, such as buckles and jewelry. Call for help and transport to a medical facility as soon as possible. If a person struck by lightning appears only stunned or otherwise unhurt, medical attention may still be needed. 	<h3 style="margin: 0;">Instructor Tips</h3> <ul style="list-style-type: none"> Explain to workers if they are working outside when lightning begins, they should seek shelter immediately and wait for the storm to pass before returning to outside work.
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