

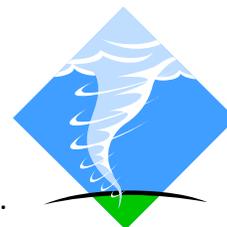
Safety Alert



Tornado Safety

Now through the rest of the summer months, thunderstorms can quickly roll in and tornadoes can touch down, often during the afternoon and evening hours, according to researchers at the National Oceanic and Atmospheric Administration's (NOAA) National Severe Storms Laboratory.

Tornados can occur when hot unstable air near the ground rises and mixes with cooler air found in thunderstorm clouds above. A **Tornado Watch** indicates conditions are favorable for a tornado and a tornado is possible. A **Tornado Warning** indicates that a tornado has been sighted or seen by the [National Weather Service](#) Doppler Radar and may be headed your way. TAKE COVER IMMEDIATELY!



As a reminder for workers while on the job and at home, here are some tornado safety tips from the National Weather Service:

- Identify a safe location where employees can go in the event of a tornado warning, ideally an underground area such as a basement or storm cellar. If a basement is not available, choose a small, interior room or hallway on the lowest floor. Avoid areas with doors, windows, and outside walls, and large rooms with flat, wide roofs.
- Establish an alarm system to warn workers of a storm, and test it frequently.
- Hold practice drills periodically to ensure employees know where to go in the event of a storm. Employees should be directed to stay away from the corners of a room or shelter because corners attract debris.
- Establish a system to account for everyone.
- Have emergency supply kits in shelter locations.
- Stay tuned to local radio or television stations in the event of a tornado watch.
- If applicable, have plans in place to address hazardous materials, employees working offsite, and/or employees with disabilities.
- Being in a vehicle is extremely risky in a tornado. If the tornado is visible but far away, seek shelter in any sturdy building you can get to. If you're caught by extreme winds or flying debris, park the car as quickly as possible out of traffic lanes. Stay in the car with the seat belt on. Put your head down below the windows, and cover your head with your hands. If you can get to a place that is noticeably lower than the level of the road, leave your car and lie in that area, covering your head. Sheltering under bridges offers little protection against flying debris.
- Employees working outdoors should seek shelter inside. If that's not possible, they should lie flat, face-down on low ground, protecting the back of their heads with their arms and any other covering they have. They should get as far away from trees and vehicles as possible as they may be blown onto you in a tornado.
- Stay safe after a storm. Remain indoors at least 30 minutes after the last clap of thunder.

Contact us at 800-55-HELPS (800-554-3577) to learn more.