

Useful Telephone Numbers

TDC Careline	01255 686362
Met Office customer care	0870 900 0100
Environment Agency Floodline	0845 988 1188
Local Police Station	
Doctor	
NHS Direct	0845 46 47
Local Authority	
Town / Parish Council	
School	
Business	
Bank	
Electricity Company	
Gas Company	
Water Company	
Telephone Company (land line)	
Mobile Phone Provider	
Vet	
Insurance Company	

Important Information

BBC Essex	103.5FM / 95.3FM
Heart FM	96.3FM / 102.6FM
BBC TV	Look East
ITV	Anglia
Home Insurance Policy	
Car Insurance Policy	
Passport No.	
National Insurance No.	
Driving Licence No.	
Pension No.	



Available via the Essex County Council website

www.essex.gov.uk

Or by visiting www.crucial-crew.org/what-if

Don't miss the other 5 leaflets in the severe weather series. Look out for the following:

- Severe Gales
- Heavy Snow and Icy Roads
- Heavy Rain
- Heat and Sun
- Dense Fog

Tendring
District Council



Met Office

**Tendring District Council
Emergency Planning
Town Hall
Station Road
Clacton-on-Sea
Essex
CO15 1SE**

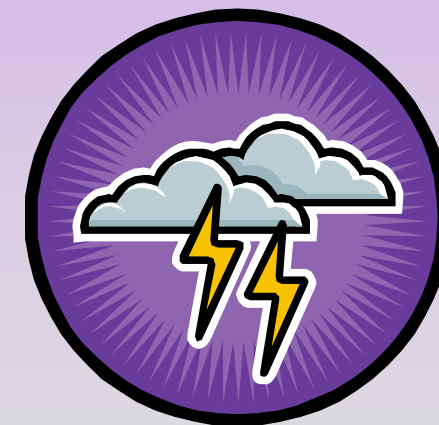
Phone: 01255 686868

Fax: 01255 222813

E-mail: eplanning@tendringdc.gov.uk

THUNDERSTORMS & LIGHTNING

There are lots of myths around where lightning will strike. The truth is that lightning will strike the best conductor on the ground.



Produced with information
from the Met Office

Before the thunderstorm:

- Unplug all non-essential appliances, including the TV as lightning can cause power surges.
- Seek shelter if possible.
- When you can hear thunder, you are already within range of where the next ground flash may occur, lightning can strike as far away as 10 miles from the centre of the storm!



- If you find yourself in an exposed location, squat close to the ground, with hands on knees and your head tucked between them. Try to touch as little of the ground with your body as possible, don't lie down on the ground.
- If you feel your hair stand on end, drop to the above position immediately.



During the thunderstorm:

- Avoid using telephones, both land line and mobile phones.
- Avoid using taps and sinks. Metal pipes can conduct electricity.
- If you are outside, avoid water and try to find a low-lying place a safe distance way from trees, poles or metal objects.
- Avoid activities such as golf, rod fishing or boating on a lake.

After the thunderstorm:

- Avoid downed power lines or broken cables.
- If someone is struck by lightning they often suffer severe burns. The strike also affects the heart, so **CALL FOR HELP** as they will need urgent medical attention.
 1. Check for a pulse, people struck by lightning don't carry an electrical charge so it is safe to touch them.
 2. If you know first aid, begin artificial respiration and CPR (Cardiopulmonary Resuscitation) if necessary.
 3. If the victim is breathing, check for other possible injuries. Lightning strike victims have burns in two places, when the electric shock entered and exited the body, usually the soles of the feet.
 4. They may have broken bones or loss of hearing and / or sight.