



# Dealing with Extreme Weather

## Tips to keep you safe in the field.




### Earthquake




**Did you know?**  
There are about 500,000 earthquakes around the world each year.<sup>1</sup>

**Safety Tip:**  
Remember: "Drop, Cover, Hold On!" Get to the floor, find shelter underneath a stable object and hold on.




### Blizzard




**Did you know?**  
Ice can increase the weight of branches by 30 times.<sup>2</sup>

**Safety Tip:**  
Carry an emergency kit in your car with sand or cat litter, a shovel, flashlight, blankets, extra clothing, a towrope, booster cables and distress flares.




### Flood




**Did you know?**  
It only takes 6 inches of fast-flowing water to sweep you off your feet.

**Safety Tip:**  
NEVER drive through flooded roads. If your vehicle stalls, leave it immediately. Water only 2 feet deep can carry away most automobiles.




### Hurricane




**Did you know?**  
Flying debris is the most common cause of injury during a hurricane.

**Safety Tip:**  
The weather may appear to get calm in the middle of a storm and then get worse quickly, so it's important to remain indoors.




### Landslide




**Did you know?**  
Embankments along roadsides are particularly susceptible to landslides.

**Safety Tip:**  
Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.




### Tornado




**Did you know?**  
You should never seek shelter under a bridge during a tornado.

**Safety Tip:**  
Exit your vehicle for shelter or low ground away from cars, which could roll over on you.



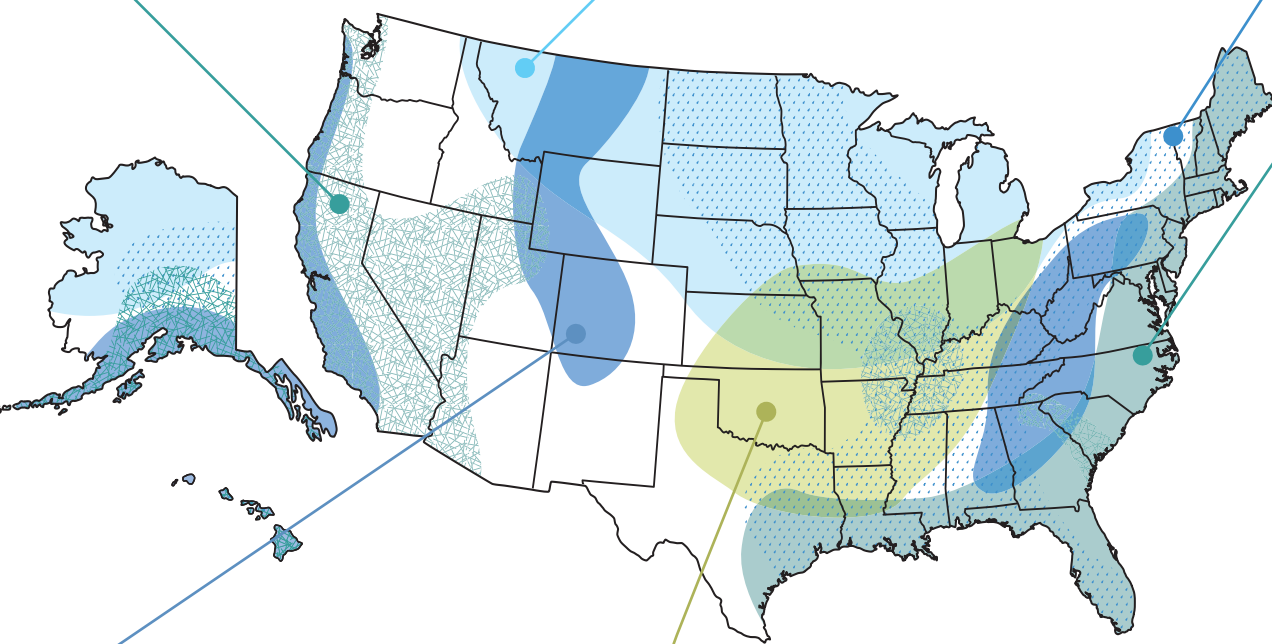
### Lightning

(Strikes can occur in every state)

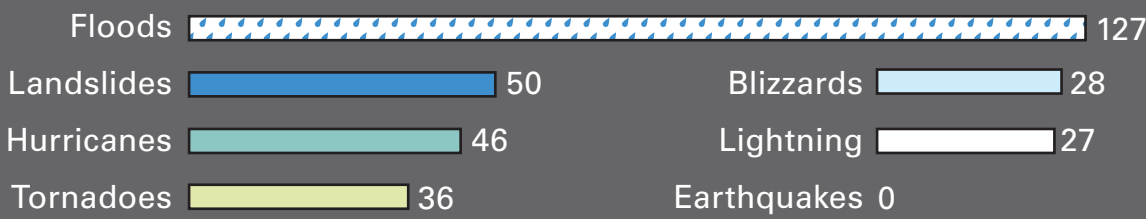


**Did you know?**  
Lightning can strike 10 miles away from a thunderstorm, so if you can hear thunder, you're likely within striking distance, even if the sky is blue and the sun is out!

**Safety Tip:**  
There is no safe place outdoors during a thunderstorm. When you hear thunder, take cover in a safe place—a building or vehicle.



### 2015 United States Fatalities:<sup>3</sup>



### Tune In

Always monitor NOAA National Weather Service Radio or your local media for vital weather-related information.

Get more tips and information to work safer at [ACRTinc.com/safe](https://www.acrtinc.com/safe)

Sources: 1. [www.livescience.com/6187-13-crazy-earthquake-facts.html](http://www.livescience.com/6187-13-crazy-earthquake-facts.html) | 2. <https://www.dosomething.org/facts/11-facts-about-ice-storms> | 3. <http://www.nws.noaa.gov/om/hazstats.shtml> • <https://earthquake.usgs.gov/earthquakes/browse/stats.php>  
\*Map shows predominant areas affected by extreme weather; no area is exempt from the risk of severe weather.

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