



# Melrose Park Fire Department NEWS



*Rick Beltrame  
Director of Fire Dept.*

## A Message from Rick Beltrame, Director of Fire Department

The Melrose Park Fire Department and Director of Fire Department Rick Beltrame want to ensure the safety of our residents and their families by providing these lightning safety tips on behalf of the National Fire Protection Association. Please follow these tips to ensure your family's well-being!

## Lightning Safety

Thunder and lightning storms happen all the time. Know what to do to keep you and your family safe when storms strike!

### Safety Tips

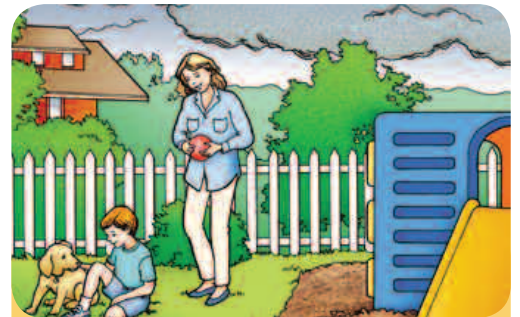
#### Outdoor Safety

- **If you can hear** thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- **Do not go under** trees for shelter. There is no place outside that is safe during a thunderstorm.
- **Wait at least 30 minutes** after hearing the last clap of thunder before leaving your shelter.
- **Stay away** from windows and doors. Stay off porches.
- **There is no safe place outside.** Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm. Small sheds should not be used.
- **If a person is struck** by lightning, call **9-1-1**. Get medical help right away.

#### Indoor Safety

Turn off computers. Stay off corded phones, computers, and other things that put you in direct contact with electricity or plumbing. You **can use** a cell or cordless phone.

**Do not** wash your hands, bathe, shower, do laundry, or wash dishes.



#### FAST FACTS

Lightning may strike  
**as far as 10 miles**  
from any rain.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
The leading information and knowledge resource  
on fire, electrical and related hazards



**MELROSE PARK  
FIRE DEPARTMENT**

3601 W LAKE ST, MELROSE PARK IL 60160 PH (708) 344-1315, FAX (708) 531-5304