

# Procedures When no Safe Indoor Shelter is Available

- Avoid:
  - open fields; the highest point in an open area;
  - tall objects (for example, trees, poles);
  - metal objects (for example, football standards, light poles, metal bleachers, fences) and
  - objects that conduct electricity (for example, golf clubs, bicycles).
- Take shelter in a low-lying area such as ditches, depressions, valleys (be aware of flooding).
- In a forest, seek shelter in a low-lying area under a thick growth of small trees or bushes.
- Remove metal objects (that is, anything conductive) and jewellery from body and pockets.
- Minimize body surface area in contact with the ground. (Do NOT lie flat on the ground.)
- Assume safest body position: crouch down, place feet close together, with only the balls of feet touching the ground, lower head and wrap arms around knees.
- In a group in an open area, spread out to be several meters from others.