



Training Solutions, Delivered!

# **SEVERE WEATHER:**

*Prepare, Survive & Recover*  
**(Concise)**

**Leader's Guide, Fact Sheet  
& Quiz**

**Item Number: 5033**  
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***This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.***

## **PREPARING FOR THE MEETING**

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

## **CONDUCTING THE PRESENTATION**

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

**5033 SEVERE WEATHER SAFETY:  
Prepare, Survive & Recover (Concise)  
FACT SHEET**

**LENGTH: 9 MINUTES**

**PROGRAM SYNOPSIS:**

Because severe weather can strike anywhere without notice, you must be ready to respond appropriately. Lightning, flooding, pounding hail, tornadoes and hurricanes cause property damage, injuries and fatalities in all parts of the world each and every year. While any one of these weather events can cause destruction alone, when their effects are combined, the consequences can be devastating. For this reason, it is imperative that everyone be prepared for inclement conditions, no matter where they live and work, and that's the purpose of this program—to review the proper actions that should be taken before, during and after a severe weather event.

Topics include common types of severe weather, practices for surviving various types of severe weather events and proper actions to take to recover after a storm event has ended.

**PROGRAM OBJECTIVES:**

After watching the program, the participant should be able to explain the following:

- Why the common types of severe weather can be so dangerous;
- Why emergency plans and emergency response training are so important;
- What practices to follow for surviving for various types of severe weather events;
- Which proper actions to take to recover after a storm event has ended.

**PROGRAM OUTLINE:**

**BACKGROUND**

- Lightning, flooding, pounding hail, tornadoes and hurricanes are all examples of dangerous weather conditions. These events are often collectively called “severe weather.” Each and every year they cause property damage, injuries and fatalities in all parts of the world.
- While any one of these weather events can cause destruction alone, when their effects are combined, the consequences can be devastating. For example, a hurricane may initially cause damage with wind, but the heavy rains it also brings can lead to flooding.
- For this reason, it is imperative that you be prepared for severe weather, no matter where you live and work.

**COMMON TYPES OF SEVERE WEATHER**

***Severe Thunderstorms***

- Heavy rain, strong wind, lightning and hail can all be dangerous aspects of a thunderstorm, even more so when the thunderstorm is considered “severe.” The National Weather Service defines a severe thunderstorm as a storm that produces hail that is at least 1 inch in diameter and winds of 58 miles per hour or greater.

***Flooding***

- A severe thunderstorm can dump an extraordinary amount of rain in a short period of time, causing another type of severe weather: flooding.

***Lightning***

- Another danger associated with thunderstorms is lightning. Lightning is a powerful, unpredictable force that occurs when an electrical charge is dissipated from a cloud into the ground. It often strikes elevated objects that are taller than their surroundings or any type of conductive object or water as it seeks a path to the ground.

***Tornadoes***

- Under certain conditions, a thunderstorm can also produce one or more tornadoes. A tornado is a violently rotating column of air extending from a cloud to the ground. The strongest tornadoes have rotating winds of more than 200 mph and can cause catastrophic damage to anything in its path.

## ***Tropical Storms & Hurricanes***

- When many people think of severe weather, tropical storms and hurricanes come to mind. These are large, powerful weather systems that can cause extreme damage over large areas. They produce dangerously high winds and tremendous amounts of rainfall.
- Tropical cyclones are commonly referred to as hurricanes in the Atlantic Ocean and as typhoons or simply cyclones in other areas of the world.

### **PREPARE**

- Severe weather events can occur with little warning. Our best chance to stay safe is to know what to do before, during and after the event. We need to prepare beforehand; survive during; and, recover after the event.
- One way to help stay safe during a storm is to be as prepared as possible beforehand, both at work and at home.
- Stay informed about weather conditions through current weather reports. Both local and national weather services use an alert system that includes watches and warnings.
- In addition to listening to reports, your workplace has developed a plan for dealing with emergency situations. As part of this plan, sometimes called the Emergency Action Plan, Emergency Preparedness Plan or Emergency Response Plan, you will receive training on how to prepare for and respond to severe thunderstorms, tornadoes and other severe weather
- You should also develop an emergency plan with your family and loved ones so they will be prepared for inclement weather and know how to respond accordingly.
- To prepare your household for a prolonged severe weather event such as a hurricane, you should have a supply of one gallon of water per person a day for at least three days and enough non-perishable, easy-to-prepare food to last at least three days.
- Other supplies you should assemble and have ready for use include flashlights, batteries, a first aid kit, a 7-day supply of medications, copies of important documents, extra cash, baby and pet supplies, personal hygiene and sanitation items and anything else your family or loved ones may need if confined to your home.
- Training and preparation help ensure a calm response when severe weather strikes. This is why it is imperative that you participate in emergency drills and response training when they take place.
- As part of your emergency response training, it is critical that you learn the various weather-related warnings that are used by your facility to notify employees that inclement weather is approaching. This includes the various sounds and signals of alarms, sirens and loudspeakers, many of which are issued to indicate a specific type of event such as a tornado.
- Also, learn where the designated meeting places or rally points for seeking shelter during weather-related emergencies are located.

### **SURVIVE**

- When severe weather strikes, that's the time to put your training and preparation to good use.
- When a severe thunderstorm warning is issued, you should take shelter immediately inside a sturdy building away from windows.
- Do not take shelter inside a vehicle. A vehicle is no match for the force of falling hail or toppling trees. If you are in a vehicle when a warning is issued, you should get out of the vehicle and seek more substantial shelter immediately.
- Another danger associated with thunderstorms is lightning. If trapped outdoors during a lightning storm, squat low to the ground in an open area away from tall objects.
- If at all possible, immediately move indoors into a building as soon as you hear thunder.
- While taking shelter, avoid contacting anything conductive.
- In the event of a tornado, if a dedicated underground shelter is available and it is safe to move to it, it should be used; otherwise, make your way into a sturdy building and seek out a protected space away from windows.
- If you're caught outside during a tornado and cannot find a place to go inside, crouch for protection next to a strong structure or lie flat in a ditch or other low-lying area. Cover your head and neck with your arms or a jacket, if you have one.
- As the rain comes down, be aware of flooding. Moving water is a powerful force. It only takes six inches of fast-moving water to knock over an adult and quickly sweep them away.
- Avoid walking or wading through floods or fast-moving waters. Not only could you be swept away, but there may also be unseen hazards under the water.

- Another danger of flood waters is that they can obscure washed out bridges and damaged roads, leading unsuspecting drivers to drive into deep water.
- Never attempt to drive through moving water deeper than six inches or floodwaters of an uncertain depth. Remember and follow this slogan: "Turn around, don't drown."
- Never underestimate the danger of flood waters. Flood waters associated with severe weather account for more deaths each year than all other aspects of severe weather combined.
- Tropical storms and hurricanes involve large amounts of wind, rain, lightning and flooding. Because of this, make sure you have an evacuation plan in place and act on it when the time comes.
- If you are unable to evacuate, secure all exterior doors. Find the innermost, sturdy part of your shelter and remain there. Stay away from windows. Watch for water from storm surge and flooding.
- If you are at the workplace when an emergency alert sounds, promptly shut off any running machinery or processes, if necessary, and walk calmly and orderly to your destination.
- Once you have reached the designated meeting place or storm shelter, stay there until the storm or tornado has subsided and your supervisor notifies you that is safe to exit. Always follow your supervisor's instructions during a severe weather event.

## **RECOVER**

- If you are at work, remember your Emergency Action Plan and your preparedness training. Wait in your safe place until the all clear alert sounds and you are then able to exit.
- Look around you and see if there is a clear path for you to get to safety. When exiting the building, do not use elevators to reach lower levels.
- Also, avoid downed power lines, broken gas lines or debris caused by the storm. Stay alert for fires.
- If you had to shelter in place alone for safety, when it is safe to do so, proceed cautiously to the designated meeting place or rally point established by your organization so management can account for everyone. Stay in the area until instructed to leave by one of your supervisors.
- Monitor local news reports by radio, TV, social media or cell phone alerts for emergency information and instructions.
- If your homeowner's insurance policy covers storm damage, make sure to take photos or video of the damage as evidence for your insurance claim.

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**ANSWERS TO THE REVIEW QUIZ**

1. c

2. c

3. a

4. c

5. b

6. b

7. a

8. b

9. c

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**REVIEW QUIZ**

*The following questions are provided to determine how well you understand the information presented in this program.*

Name \_\_\_\_\_ Date \_\_\_\_\_

1. According to the National Weather Service, a severe thunderstorm has winds of \_\_\_\_\_ miles per hour or greater.
  - a. 28
  - b. 48
  - c. 58
  
2. The strongest tornadoes have rotating winds of more than \_\_\_\_\_ miles per hour.
  - a. 100
  - b. 150
  - c. 200
  
3. You should develop an emergency plan with your family and loved ones so they will be prepared for inclement weather and know how to respond accordingly.
  - a. True
  - b. False
  
4. To prepare your household for a prolonged severe weather event, you should have a supply of one gallon of water and enough food per person to last at least \_\_\_\_\_.
  - a. 1 day
  - b. 2 days
  - c. 3 days
  
5. When a severe thunderstorm warning is issued, you should take shelter immediately inside \_\_\_\_\_.
  - a. An automobile
  - b. A sturdy building
  - c. A low-lying area
  
6. If you are trapped outside during a tornado, you should \_\_\_\_\_.
  - a. Seek protection underneath a bridge or overpass
  - b. Crouch next to a sturdy structure or lie flat in a ditch
  - c. Run in a zigzag pattern in the opposite direction
  
7. It only takes \_\_\_\_\_ of fast-moving water to knock over an adult and quickly sweep them away.
  - a. 6 inches
  - b. 1 foot
  - c. 2 feet
  
8. You should not attempt to drive through moving water deeper than 6 inches or floodwaters of an uncertain depth unless you can see the road on the other side.
  - a. True
  - b. False
  
9. \_\_\_\_\_ associated with severe weather account for more deaths each year than all other aspects of severe weather combined.
  - a. Lightning
  - b. Strong winds
  - c. Flood waters