

# THE PORCELAIN PRESS

May 2011 - Weeks 1 & 2

## Special Points of Interest:

- Opt out of paper check stubs. If you would like to stop receiving hard copy notices, please notify the Payroll Department at x3046 or [askpayroll@fnal.gov](mailto:askpayroll@fnal.gov).

## Fermilab Lunchtime Clean-up:

11:45 a.m. - 1:30 p.m.  
May 19th, June 16th, July 21st, and August 18th.  
Transportation to clean-up site from WH, GF east side.  
Hot dogs & refreshments served afterwards to all volunteers! Questions? Contact Bob Lootens at [lootens@fnal.gov](mailto:lootens@fnal.gov) or x3303.

## Employee Health and Fitness Day:

- Wednesday May 18th - Main Ring: 11 a.m. - 1:30 p.m.  
T-shirts, pedometers and yogurt cones and 10,000 Steps-a-Day kickoff.

## The Hazards of Thunderstorms

A thunder and lightning storm is a dangerous force of nature. The lightning alone is responsible for an average of 67 fatalities and 300 injuries every year in the United States. The potential severity of any thunderstorm should never be underestimated, given the immediate hazards it can raise with little to no warning. Three of the most dangerous hazards are striking lightning, hail and downbursts.

### *Lightning*

A thunderstorm is not complete without lightning. In fact, lightning is the storm event that causes thunder. Triggered by a build up of static charges within storm clouds, lightning can strike anything on the ground containing opposite charges.

### *Hail*

Hail forms when strong updrafts in clouds cause water droplets to become supercooled and freeze. These droplets are then forced about by strong winds, accumulating layers of water from other droplets that instantaneously freeze on contact. Hail drops to the earth when it becomes too heavy to remain in thunderclouds. Hail stones can grow as large as baseballs and pose a blunt force hazard to anyone or anything.

### *Downbursts*

A downburst is a strong sideways spread of wind, forced outward by the impact of the downdraft on the ground. A macroburst is a downburst that can cover an area of five miles and reach windspeeds of up to 130 mph. A microburst covers a smaller area but may occur at higher windspeeds. Downbursts can have tornado-like effects on buildings and land.



## What to do Before the Thunderstorm

- Secure loose objects outside the house.
- Close windows and window treatments (blinds, shades) and secure outside doors.
- Have your emergency kit and NOAA weather radio handy.
- Unplug appliances and other electrical items such as computers.
- Turn off air conditioner.

## How to Stay Safe During a Thunderstorm

- If outdoors, seek shelter immediately. If you can hear thunder, you are close enough to the storm to be struck by lightning.
- If no immediate shelter is available, find a low spot away from trees and power poles. Squat down and make yourself as small as possible.
- If you are driving, pull safely to the shoulder away from trees and power lines.
- If you are in a boat, attempt to reach shore as quickly as possible.
- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- Get off the golf course!

