



BE SNAKE! AWAKE!

Rattlesnakes live here!

They are ecologically important
and do not want to encounter humans.

When it's hot snakes need to get into the shade.
Look before stepping over or sitting on rocks and logs.

When it's cold snakes may bask on rocks or trails.

Walk or ride near the center of trails to avoid
snakes resting in trailside vegetation.

If You See A Snake:



Stop and warn others in the area.



Remain still or slowly back away. Wait for it to
move away and give it room to escape.



Tail shaking means it wants you to move away.

Go slowly.

If Bitten:



Move away and warn others in the vicinity. Snakes
can strike more than once.



Remain calm. Do not hike back to the trailhead
or your vehicle.



Call 911. If no cell phone, have someone else go to
an emergency telephone located in most natural
areas parking lots. If you are alone with no phone,
walk, don't run, to an emergency telephone. Exertion
causes the poison to spread faster.



Remove all jewelry, watches, and constricting clothing.

Lie down and remain quiet. Breathe slowly.

**Remember to
play it safe!**



LIGHTNING!

Avoid it!

Watch the weather.
Avoid afternoon outings
when lightning is most frequent.

30-30 Rule After seeing lightning, count the seconds until you hear thunder. If it's less than 30 seconds, seek safety. If you can hear thunder, lightning is within striking range. Wait at least 30 minutes after the storm has passed before hiking.

Seek safety in:



Vehicles with doors and windows closed. Don't touch metal. Avoid using the radio or hand-held electronics.



Buildings that have a roof, walls, floor, plumbing, and wiring. Avoid picnic shelters, cabins, restrooms, sheds, and lean-tos.



Low Areas. Crouch down in gullies, arroyos, and gulches. Avoid objects such as fences, poles, umbrellas, ponds, and lakes.

Spread out. Keep several body lengths between each person.

Lightning crouch: Squat with feet together, head tucked, hands over ears.

If lightning strikes a person:



Move immediately to a safer place. Lightning frequently strikes twice in same place.



Call 911. Then avoid using radios, computers, and telephones.



Treat the victim. Burns and respiratory distress are likely. Perform rescue breathing and CPR if you are trained. Victims do NOT retain an electrical charge.

Remember to
play it safe!

