



All About Life Jackets

Remember: Life jackets only work if they are worn.

When should you wear a life jacket?

Always wear a life jacket when you are boating or rafting and when using inner tubes or personal watercraft.

Children and inexperienced swimmers should wear life jackets when they are in, around and on the water, even with a lifeguard present.

Life jackets should also be worn in open water, at water parks and in other challenging environments, even around cold water and ice.

Choosing a life jacket

When choosing a proper life jacket consider the following-

Pick a life jacket for the type of activity and ensure the life jacket is Coast Guard Approved (it will be in the safety section).

Select a life jacket that fits the user. Consider the weight limits of the life jacket as well as any age limits.

Check that all straps and buckles are in proper working order before wearing the jacket.

Use the Snug Fit Test

With the life jacket on, place your hands above your head in a touchdown position.

Ask a friend, parent or relative to tug on the shoulders of the life jacket.

If there is any excess space on the shoulders of your jacket, or if it rides up to your chin or face it is not snug enough.

