Wear It, Wear It Right
Life Jackets Save Lives!

1 Check the Label



The label will tell you:

- Whether the life jacket is Coast Guard approved
- The size of the jacket
- How the jacket can be used

Sizes run from infant to extra extra large. Adult life jackets will not work for children until they weigh about 90 pounds. Children's life jackets should have a loop on the collar and a strap between the legs.

2 Check for Damage



Check that there are no broken parts and no mold or rips in the fabric.

3 Fasten Up

Fasten up all buckles, zippers and straps. Adjust straps so that the jacket fits snugly.



4 Check for Proper Fit



- Lift the shoulders of the life jacket
- Make sure it does not slip above the chin or ears
- It should feel snug, yet comfortable. A properly fitted life jacket keeps your head and shoulders above water. You will be able to swim with it, too.



5 Wear It!

A life jacket only works if it's worn. Take the time to be prepared. Make sure you have and wear the right life jacket before you go out in the water.

Remember the five points of fitting a life jacket:

1 Check the Label

2 Check for Damage

3 Fasten Up

4 Check for Proper Fit

5 Wear It

For more information visit these web sites:

http://watersafety.usace.army.mil

www.uscgboating.org

www.drowning-prevention.org

KNOW THE WATER,

KNOW YOUR LIMITS,

WEAR A LIFE JACKET



US Army Corps of Engineers

Washington State Parks and Recreation Commission Boating Programs

Children's Hospital & Regional Medical Center

Regence BlueShield

An Independent Licensee of the Blue Cross and Blue Shield Association

NASBLA

Although this brochure is not a NASBLA approved boating course, it is recognized by NASBLA to benefit boating safety—2005.

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Wear it Right:
Choosing and Fitting a Life Jacket

Life Jackets Save Lives!



Look inside for the 5 key steps to "wear it right"

