Is My Life Jacket Correct?

» Life jackets should fit snug around the chest and should not ride up on your body when in the water. Often, life jackets for younger children have a strap between the legs to keep this from happening.
» Straps should be pulled tight and not twisted. All buckles should be fastened.

Try It On For Size

» Life jackets are selected by weight with common sizes being: under 30 lbs., 30-50 lbs., 50-90 lbs., and 90+ lbs. The size can be found inside the life jacket, same area as you would find a tag on a shirt.
» Try on your life jacket to see if it fits comfortably but snug. This should be done at the start of each water season, especially for children, since they can grow quickly from one year to the next.
» When testing in shallow water, your mouth should be well above the water level.
» The life jacket should not ride up on your body when in the water.
» To test the fit on a child, pick the child up by the shoulders of the life jacket. If the life jacket fits right, the child's chin and ears should not slip through.

Requirements and MN & ND Laws

» The United States Coast Guard says you must have USCG approved life jackets on your recreational boat. How many and what type you'll need depends on the number of people on board, the size and type of your boat, and the kind of boating you do.
» ND and MN laws require that children 10 and younger must be wearing their life jacket at all times when on a boat or watercraft.
» All boats must have one wearable life jacket for each person on board or being towed.
» Any boat over 16' in length must have a throwable flotation device as well.

For more information contact
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www.safekidsgf.com

Altru®

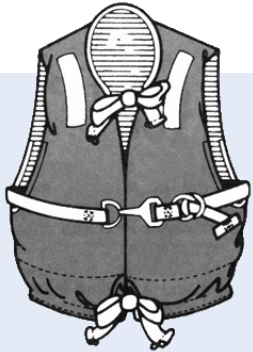# Life Jackets:
## Selection, Use and Care

SAFE KIDS
GRAND FORKS

**Did you know that drowning is the second leading cause of accidental injury–related death to children age 19 and under?** For every child who drowns, 4 more are hospitalized for near-drowning. Most drownings occur in inland waters, within a few feet of safety, and in residential swimming pools. And most victims that drowned owned a life jacket, but were not wearing it. This is why it is so important to wear a life jacket. Here are some tips to make sure the life jacket is properly selected and used correctly.

Care

» Let your life jacket drip dry thoroughly before putting it away.
» Never dry your life jacket on a radiator, heater or any other direct heat source.
» Don't put heavy objects on your life jacket or use it as a kneeling pad or boat fender. Life jackets lose buoyancy when crushed.
» Store in a well–ventilated place.
» Life jackets don't have an expiration date like many other safety devices (car seats, bike helmets, etc.) but you should replace as necessary.
» Check your life jacket often for rips, tears and holes, and check that seams, fabric straps and hardware are okay.

Type 1 is an approved device assigned to turn an unconscious person in the water from a face downward position to a vertical or slightly backward position. Designed more for rough waters and when rescue may be slow to arrive such as in an ocean or very large lake.
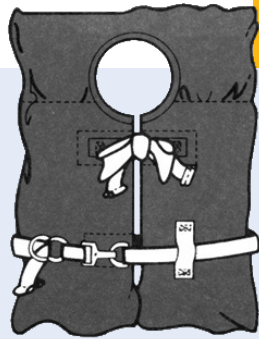
Type 2 is an approved device designed to turn an unconscious person in the water from a face downward position to a vertical or slightly backward position. Designed more for calm or inland waters where there is a good chance of quick rescue.
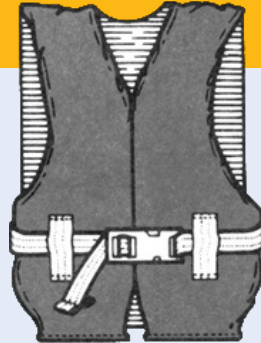
Type 3 is an approved device designed to keep a conscious person in a vertical or slightly backward position. Designed for calm waters. The wearer may need to tilt head back to avoid going face down in the water. These are the type worn and approved for skiing, tubing, etc.
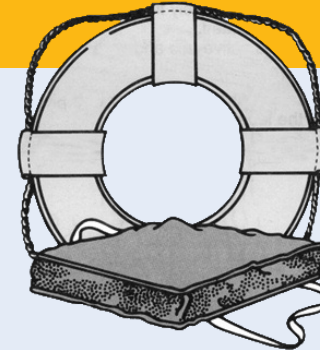
Type 4 is an approved device designed to be thrown to a person in the water and not worn. Boats over 16' in length must have one of these on board.
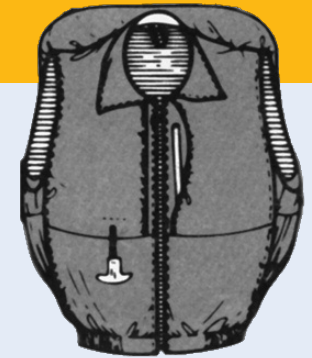
Type 5 is an approved device that is designed for special uses or conditions such as boardsailing vests, deck suits, work vests, or other special purposes.

Types of Life Jackets