

Wear A Life Jacket

A MESSAGE FROM THE CENTER FOR CHILDHOOD SAFETY...

Remember – life jackets only work when they are worn, and do not take the place of adult supervision. The majority of children who drown in open water or while boating were not wearing a life jacket.



- Choose the right life jacket for the right activity.
- Check the fit and test in the water.
- Wear it every time.
- Provide constant supervision with no distractions.

SWIMMING AIDS – WARNINGS

Other swimming aids, such as “water wings” or noodles” are not considered safety devices and are not substitutes for life jackets.



Drowning is a leading cause of injury death for Washington children.

MultiCare 
Mary Bridge Center for Childhood Safety

For more information, visit: www.multicare.org/childhoodsafety
253.403.1234

Fitting Your Life Jacket

- Within each “type” of jacket there are multiple styles for different activities.

Type I - rough/remote water where rescue may be delayed.

Type II - calm, inland water where there is a good chance of quick rescue. Quick rescue means you can be seen the people or boat from shore. May turn some wearers face up.

Type III – calm water where there is a good chance of quick rescue. It provides similar flotation to Type II and offers the most comfort and freedom of movement.

Type IV - boat cushion or rescue ring and does NOT replace a wearable lifejacket and should NOT be used by children.

Type V – for special uses, includes inflatables.

- Make sure your life jacket is a U.S Coast Guard approved personal flotation device (PFD).
- Choose a life jacket that is appropriate for your child's weight. Check the label on the inside of your life jacket.
- Check jacket for proper fit. Try the jacket on and fasten all zippers, straps and ties. Once all items are fastened, tighten them until the jacket has a SNUG fit. Pull up on the shoulders of the life jacket – the ears and chin should not slip through.
- For small children – look for life jackets that have a flotation collar and a strap between the legs.
- Comfort and appearance are important for teens.
- Children can panic when they fall into the water unexpectedly. Teach them to turn face up.
- Every spring check your life jacket for wear and tear. Throw it away if you find mildew or tears in the fabric. As children grow, make sure they continue to have a life jacket that fits.

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