

life jackets and personal flotation devices

Types of life jackets and buoyancy aids

Stay safe and be seen on the water

Life Jacket

- Open-water device assists in turning wearer to safe floating position

Use:

- In boats in open water
- When early rescue is not always expected

Minimum Specification:

- 100N +10%
- Inflatable - 150N

Personal Flotation Device (PFD)

- Limited capacity to turn wearer to safe floating position
- Will not hold head above water if unconscious
- Improves chances of survival, but doesn't guarantee safety & ultimate rescue

Use:

- In shore, when early rescue is expected

Minimum Specification:

- 71N +10%
- Inflatable - 100N

Buoyancy Vest

- Not designed to turn wearer to safe floating position
- Will assist in supporting wearer in water

Use:

- Smooth water, aquatic sports
- Short-term immersion

Minimum Specification:

- 53N +10%

How to find the correct size

Your life jacket or PFD must fit snugly, but not be too tight

Step 1

Check the label for your size and weight and try it on for size.

Step 2

Zip it up, fasten belts firmly, and make sure it's snug.

Step 3

Raise arms above head and gently pull on tops of arm holes. It should not ride up.

Step 4

Sit down and check that the life jacket does not ride up.

For children

- Not suitable for babies and infants
- Life jackets, PFDs and buoyancy aids will not guarantee to turn a young child upwards in the water
- Choose a lifejacket that will support the child in a head-up position with the nose and mouth well clear of the water
- Keep children in sight and within at arm's length at all times. Children should be under constant competent adult supervision
- Ensure the jacket is fitted snugly to the child with crotch straps secure

Guide for children

All children are different, so ensure jacket is fitted snugly.

0-2 yrs	< 15kg	Not recommended for babies/infants
2-4 yrs	15–17.5kg	XS/S
3-4 yrs	17.5–24kg	S
5-9 yrs	25–40kg	M