

# Does Your Life Jacket Fit You Properly?

Life jackets come in sizes to fit babies through larger adults. They are intended to keep you afloat in lakes, rivers, and other bodies of water.

Worn correctly, they work!

Life jacket should feel snug, yet comfortable. Lift up on the shoulders to make sure it doesn't slip above your chin or ears.

Straps should be pulled tight and not twisted.

Damaged life jackets should be discarded and replaced. Check often for mold, broken parts, holes, tears, and buoyancy.

Check the label for U.S. Coast Guard approval, weight limit, and activity types.

All buckles and zipper, if it has one, should be fastened.

Infant and some child life jackets have a strap between the legs. Be sure to fasten that for extra protection.



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