

Choose it - Use it!

Your lifejacket can't help you if you don't wear it!



Lifejackets & PFDs save lives!

- Most people who drown did not plan to be in the water. Instead, they were working or playing on, or near the water when something unexpected happened.
- 79% of Albertan boating victims were not wearing a lifejacket or PFD when they drowned.
- 64% of all adults who drowned while boating were impaired by either alcohol or drugs or both.
- 42% of all private pool drownings were of children between the ages of 0-12.

These drowning statistics are based on Lifesaving Society research from the past ten years.

For more information, contact:



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Myth: People believe that if they have a lifejacket within reach they can put it on during an emergency.

Fact: Keeping a lifejacket or PFD handy versus wearing one is like attempting to buckle up a seat belt just before the car crashes.

Myth: As a strong swimmer, I don't need a lifejacket.

Fact: 70% of all drowning victims were believed to be swimmers. Year round, Canadian waters are cold enough to trigger a "Cold Shock Response" making most people incapable of swimming.

Lifejackets or PFDs have come a long way. So many choices:

Choose one based on:

- size of user
- their swimming skill
- and type of activity (you may need more than one)

What to look for:

- ✓ Bright colours – to be visible.
- ✓ Check the label for correct sizing and for type of activity planned and swimming skill.
- ✓ Has approved Label from Transport Canada or Canadian Coast Guard.

Proper Fit = Comfort = Safety

If it fits right you are more likely to wear it.

Safety check ⇨

- all snaps, ties or zippers are done up – creating a snug fit.
- children's lifejackets/PFDs must have a strap between the legs, plus a grab handle on the collar.

Comfort check ⇨

Once it's on snugly:

- can your arms move freely?
- bend over or sit in a chair – if it shifts above your chin it's too big.

Not just for boating:

- Wear your lifejacket/PFD when you are working around water. The unexpected does happen.
- Wear a lifejacket/PFD over your snowmobile suit or winter clothes to increase your survival chances if you do go through the ice.
- Your child's lifejacket/PFD is an added "safety net" should you be distracted. It will buy you time!
- Weak or non-swimmers can wear it for safety & more fun.

Did you know ...

- Old lifejackets/PFDs may not keep you afloat. Floatation material weakens over time and snaps, ties and zippers break.
- Attaching a plastic whistle will give you something to signal with if you need help.



It won't work if you don't wear it!