

# How to properly fit a LIFE JACKET



**1** Check life jacket label for the appropriate weight or chest size.

The life jacket label will indicate the size and weight of the intended user. Make sure the wearer is within these ranges. Verify that the life jacket label states it is "Coast Guard approved."



**2** Put the life jacket on.

Inspect the life jacket for wear and tear. Warning signs include rips and missing or broken buckles or straps.



**3** Buckle all straps and tighten or zip up all zippers.

Make sure all straps can be buckled and zippers zipped. Don't forget the crotch strap if there is one!



**4** Have the wearer lift their arms over head and gently lift them by the top of the life jacket arm openings.

If the jacket rides up above their ears, it's too big. If the straps or zippers don't close, the jacket is too small.