



LIFESAVING SOCIETY®

The Lifeguarding Experts

HOW TO FIT A LIFEJACKET

1 SIZE

Lifejackets are selected by weight and/or size.

Always check the label.



Lifejackets for infants and children have added features of a collar and leg strap.



READ THE LABEL

- ✓ Check the weight range (i.e. 30 – 60 lbs)
- ✓ Check the chest size (i.e. 30 – 52 inches)
- ✓ Check that it is Transport Canada approved
- ✓ Try it on. Does it fit? Steps 2 and 3 show how to fit the lifejacket correctly.



LIFESAVING SOCIETY®

The Lifeguarding Experts

2 FIT

Make sure all zippers, clips and straps are done up and tightened.



 ZIP

 CLICK

 PULL

3 DOUBLE CHECK TO TEST, LIFT SHOULDERS

Make sure that the lifejacket does not slip over chin and ears. If there is more than 3 inches between the shoulders and the lifejacket, it is too big.



Now you're ready for the water!

Lifesaving Society Alberta and Northwest Territories

Canada's Drowning Prevention Charity

Reg. Charity No. 11912 9021 RR0001

13123 – 156 Street NW
Edmonton, Alberta
Canada T5V 1V2

T: 780-415-1755 | F: 780-427-9334
experts@lifesaving.org
www.lifesaving.org