Does Your Life Jacket Fit?

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A poster of the life jacket fit check: Coast Guard label, right weight, buckled, arms up, lift at the shoulders, plus rules for children and inflatables.

Poster · For parents, caregivers, camps, teens, adults

- [ ] U.S. Coast Guard-approved, and the label fits your weight
- [ ] Every buckle and zipper done up
- [ ] Arms up; a friend gently lifts at the shoulders
- [ ] It doesn't ride up over the chin or face

Kids: under 13, wear it on any moving boat (federal law). Babies need a collar and a strap between the legs. Buy for now, not "to grow into."

Inflatables: adults only, not for weak swimmers.

87%

of people who drowned in U.S. boating incidents in 2024 were not wearing a life jacket, where use was known (U.S. Coast Guard).

Source: uscgboating.org https://uscgboating.org/library/accident-statistics/Recreational-Boating-Statistics-2024.pdf

What you can do today: check every life jacket you own. More: the fit test.

Sources

1. Life Jackets Save Lives, Water Safety USA. https://www.watersafetyusa.org/life-jackets-save-lives.html
2. Life Jacket Wear / Wearing Your Life Jacket, U.S. Coast Guard Boating Safety. https://uscgboating.org/recreational-boaters/life-jacket-wear-wearing-your-life-jacket.php
3. Recreational Boating Statistics 2024, U.S. Coast Guard. https://uscgboating.org/library/accident-statistics/Recreational-Boating-Statistics-2024.pdf

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