

# LIFEJACKET / PFD FITTING

## PURPOSE

Increase the use of lifejackets/PFDs for all age groups. Teach parents and children that lifejackets/PFDs can save lives in, on and around the water, not only while they are boating. Please see the lifejacket & PFD comparison chart in Appendix A.

## OBJECTIVES

After the fitting the public will:

1. Be familiar with wide range of lifejackets/PFDs available today
2. Be able to identify at least two key safety features to look for on lifejackets/PFDs
3. Be able to assess if fit/size is correct for wearer
4. Know how to properly care for their lifejacket/PFDs and identify when they should no longer be used
5. Know where to buy lifejackets/PFDs that are activity appropriate

## SET-UP

1. Partner with a local retailer or the local pool to assist you with the fitting
2. If you are partnering with a pool, it is recommended that you schedule the fitting during a public swim time. Encourage people to test their lifejacket/PFD in the water to ensure that it can still keep them afloat.

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## FREQUENTLY ASKED QUESTIONS (FAQS) TO MAKE YOUR LIFEJACKET/PFD FITTING A SUCCESS

### Q. What were the key points we want to illustrate in our lifejacket/PFD choices?

A. You definitely want to show your audience these different safety points:

- Bright color – so you are visible
- Proper fit – vests come in different sizes and activity specific styles
- Labels that tell you if the lifejacket/PFD is Transport Canada/Coast Guard approved
- Types of vests – this helps you pick the right one for the right activity. A label on the lifejacket/PFD will tell you the type and for which activity it was designed (i.e. canoeing, kayaking etc...).

### Q. What do I need?

- A.
- Location either local public pool or local retailer
  - Public to bring in their own Lifejacket/lifejacket
  - Have lifejackets/PFDs on hand for demonstration
  - Scale
  - Tape measure
  - Educational resources provided by Safe Kids Canada
  - *Appendices A, B and C*

### Lifejacket/PFD Sizes (Approximate Weight)

Type	Weight
Infant Vest	21 - 30 lbs
Child	30 - 50 lbs
Youth	50 - 90 lbs
Adult Extra Small	90 - 110 lbs
Adult Small	110 - 125 lbs
Adult Medium	125 - 150 lbs
Adult Large	150 - 175 lbs
Adult Universal	Keyhole Lifejacket 90+ lbs
Adult Inflatable	Keyhole Lifejacket 80+ lbs