

A well functioning and word life jacket turns you on your back as soon as you lie in the water. This allows you to keep breathing even if you are unconscious!

GOOD PRACTICE

- ✓ Wear the life jacket so that a fist fits between the chest straps and the body.
- ✓ Regularly check the inspection date of the life jacket.
- ✓ Have the lifejacket inspected by a recognized organization according to the suppliers instructions and check that it is returned in the correct condition.
- ✓ Check the lifejacket regularly for damage to gas cylinders, safety clips, automate, melting tablets, nylon protective cover and straps.
- ✓ Maintain a sufficient supply of tablets, safety clips and gas cylinders.
- ✓ Always do a visual check on the life jacket before use.
- ✓ Use the leg strap if it is part of the life jacket.



BAD PRACTICE

- ✗ Walking on deck in dangerous zones without a life jacket.
- ✗ Wearing the life jacket under clothing (overalls, bags and jackets).
- ✗ Loosely putting on the life jacket.
- ✗ Wearing a non-approved life jacket.
- ✗ Unscrewing the gas cylinder during, for example, cleaning on deck.
- ✗ Hiding the hand activation cord in the life jacket.
- ✗ Not using the leg strap or removing it from the life jacket.



ACTION QUESTIONS

- What are the dangerous zones on deck? During which activities should a life jacket be worn?
- What are the check points during a visual check before use? And for a periodical check?
- How do we help each other? (For example; addressing one another on unsafe behavior, not (correctly) wearing the life jacket)

