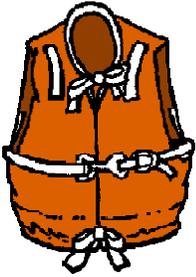


DISTRICT SAFETY NOTES

LIFE JACKETS

MSHA regulations require you to wear a life jacket or belt where there is a danger from falling into water. The U.S. Coast Guard (USCG) approves all personal flotation devices (PFD). Each of the six states in the South Central District requires that your PFD be USCG approved, in good serviceable condition, and the appropriate size for the intended user. There are five basic types of personal flotation devices.



Type I (offshore life jacket) is designed for extended survival in large, rough waters. This type can turn an unconscious person to a vertical or slightly backward position. Unless it's inflatable, this life jacket tends to be bulky and uncomfortable in warm weather.

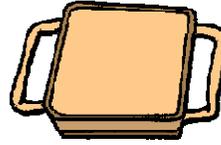
Type II (near shore buoyant vest) is the most common life jacket and is for use in calm, near shore waters where there is a chance of fast rescue. It is available in a variety of sizes and is less bulky than the offshore life jacket. It will also turn most unconscious people face up in the water.



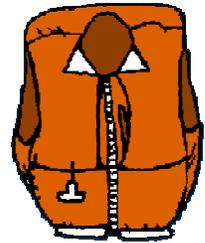
Type III (flotation aid) is regarded as the most comfortable life jacket. It is available in a wide range of styles and is ideal for calm water situations. This type will generally not turn an unconscious person face up in the water unless it is inflatable.



Type IV (throwable cushion) is designed to be thrown to someone who has fallen into the water. This type is not intended for use by small children, non-swimmers, or unconscious victims.



Type V are designed and approved for specific uses or activities such as commercial whitewater rafting. This type may contain varying levels of inherent buoyancy and is often inflatable to provide additional buoyancy.



In addition to the five basic types of personal flotation devices, there are also hybrids and inflatables. A hybrid inflatable contains a small amount of built-in flotation and an inflatable chamber. When fully inflated, its performance is equal to that of a Type I, II, or III life jacket. Hybrids and inflatables are not approved for use by children or non-swimmers.

Try It On For Size?

Check the manufacturer's label to ensure the life jacket is a proper fit for your size and weight.

Make sure the life jacket is properly fastened.

Hold your arms up over your head.

Ask a friend to grasp the tops of the arm openings and gently pull up.

Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.