



## SAFETY FLASH: LIFE JACKET

### 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 life jacket inspected once a year by an accredited supplier
- ✔ 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 leg strap if it is part of the life jacket



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



### BAD PRACTICE

- ✘ Walking on deck in dangerous zones without a life jacket
- ✘ Wear the life jacket under clothing (overalls, bags and jackets)
- ✘ Loosely put on the life jacket
- ✘ Wear a non-approved life jacket
- ✘ Wear a damaged life jacket
- ✘ Unscrew the gas cylinder during, for example, cleaning on deck
- ✘ Hide the hand activation cord in the life jacket
- ✘ Removing/not using the leg strap 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))

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