

SAFETY FLASH 22-66: 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!**

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 supplier's 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 leg strap if it is part of the life jacket.



BAD PRACTICE

- x Walking on deck in dangerous zones without a life jacket.
- x Wear the life jacket under clothing (overalls, bags and jackets).
- x Loosely put on the life jacket.
- x Wear a non-approved life jacket.
- x Wear a damaged life jacket.
- x Unscrew the gas cylinder during, for example, cleaning on deck.
- x Hide the hand activation cord in the life jacket.
- x 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)

