## LIFEJACKETS & PERSONAL FLOATATION DEVICES (PFDs)

As you prepare to open your cottage for the season or prepare your pool for the warmer months ahead, ensure your children have the appropriate lifejackets or personal flotation devices (PFDs). Given that kids tend to grow over the course of a year, it's crucial to make sure they have comfortable, well-fitting jackets that they'll be inclined to wear. Additionally, if you have lifejackets or PFDs from previous seasons, it's a good idea to carefully inspect them to ensure they're in good condition and free from any defects that could compromise their effectiveness. By prioritizing safety, you can ensure that everyone can enjoy the water activities at your cottage or pool with peace of mind.

Incorporating lifejackets and PFDs into your family's water safety strategy is essential. Getting familiar with lifejackets/PFD reduces the likelihood of your child panicking in an emergency.



# Lifejacket versus a Personal Floatation Device (PFDs)

A Lifejacket is a buoyant garment designed to keep a person afloat on their back and their airway clear in the water, even if they are unconscious. It typically features bulky foam panels strategically placed to provide maximum buoyancy and support and adjustable straps for a secure fit.

On the other hand, a Personal Flotation Device (PFD) provides buoyancy to keep a conscious wearer afloat in the water. Unlike lifejackets, PFDs are typically lighter and less bulky, allowing for greater freedom of movement during activities. While still subject to regulations and standards, PFDs offer versatility for various water activities but may not always turn an unconscious wearer face up in the water.

Check the requirements in your local jurisdiction. Ensure the Lifejacket/PFD you choose is approved by the Ministry of Transport in Canada or the Coast Guard in the U.S.

#### Sizing Guidelines for Children is Based on Weight

- Infant Lifejacket/PFDs: 8 to 30 pounds
- Child Lifejacket/PFDs: 30 to 50 pounds
- Youth Lifejacket/PFDs: 50 to 90 pounds

### Additional Key Requirements

- A grab handle to assist in retrieving the child from the water.
- A crotch strap to ensure the Lifejacket/PFD remains securely in place and doesn't ride up or slip over the child's head.

**Before purchasing**, try the Lifejacket/PFD on your child to ensure a snug fit. Adjust the straps to secure your child to ensure they won't slip out. You can lift older children by the shoulders of the PFD, making sure that their chin and ears do not slip through.

Initially, your child may resist wearing the Lifejacket or PFD, as it may feel restricting and similar to being put into a snowsuit. However, getting comfortable in their Lifejacket or PFD is essential as your child will often wear it during water activities, as a learning aid, and, importantly, in preparing for an unexpected fall into the water.

Proper PFD Care: (always follow the manufacturer's recommendations)

- Rinse the PFD in clean water after each use.
- Air-dry the PFD in a well-ventilated space, away from direct sunlight.
- Clean the PFD by hand, using mild soap and running water.
- Do not machine wash or dry the PFD.

Following these guidelines ensures that your child's PFD provides the necessary safety and comfort and improves the lifespan of the Lifejacket/PFD.

#### Introducing a PFD to your Child:

- Open the PFD and unbuckle all straps.
- To position them comfortably, your baby is on the PFD, and you lay them on the open jacket.
- Adjust the straps to achieve a snug fit. It's crucial to periodically readjust the straps to maintain the right fit as your child grows.

• Putting a dry baby into a wet, cold Lifejacket or PFD is uncomfortable – you wouldn't like it either. Try to keep it dry before it is used.