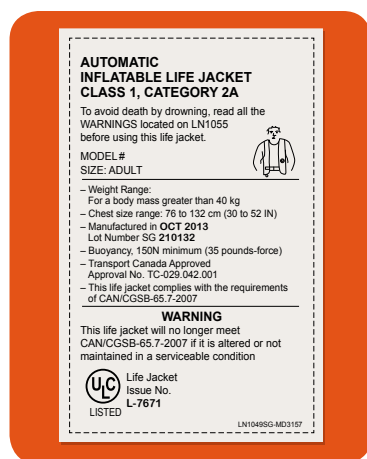# Personal flotation devices (PFDs) and lifejackets — selection

Wearing a PFD or lifejacket can save your life if you fall overboard. It should fit, be comfortable, and allow you to move freely while you work. The following are some important requirements when choosing a PFD or lifejacket.

Buoyancy rating

• A buoyancy rating is the amount of weight a PFD or lifejacket is able to hold up beyond the amount that water naturally supports. Your device's buoyancy rating must be appropriate for both your weight and the amount of gear and clothing you are likely to have on.

• Your PFD must provide a minimum buoyancy of 69 Newtons (15.5 pounds).

• If you are working alone, you must wear a lifejacket with a minimum of 93 N (21 lb.) of buoyancy. Working alone means you are not in eyesight or earshot of another worker who is in a position to immediately come to your aid if you fall in the water.

AUTOMATIC
INFLATABLE LIFE JACKET
CLASS 1, CATEGORY 2A
To avoid death by drowning, read all the WARNINGS located on LN1055 before using this life jacket.
MODEL #
SIZE: ADULT
– Weight Range:
  For a body mass greater than 40 kg
– Chest size range: 76 to 132 cm (30 to 52 IN)
– Manufactured in **OCT 2013**
  Lot Number SG **210132**
– Buoyancy, 150N minimum (35 pounds-force)
– Transport Canada Approved
  Approval No. TC-029.042.001
– This life jacket complies with the requirements
  of CAN/CGSB-65.7-2007
WARNING
This life jacket will no longer meet CAN/CGSB-65.7-2007 if it is altered or not maintained in a serviceable condition

(U)L(C) Life Jacket
LISTED Issue No.
L-7671

LN1049SG-MD3157

This is an example of a manufacturer's label. The label should always be readable. It shows what standard your PFD or lifejacket meets and if it has been approved by Transport Canada.

Size

Your PFD or lifejacket must be the right size for you. If it is too large, it could slide off when you enter the water. Both chest size and weight will determine what size is right. To get the best fit in your PFD or lifejacket:

• Follow the manufacturer's instructions for putting it on and tightening straps or other fastenings. It should feel snug but not uncomfortable.

• Next, have someone pull up on the shoulders. If the device moves up past your nose or head, try tightening the straps further. If it still moves up, it is too large.

• When trying on a device, wear the clothes you would wear while working.

Before you use a new PFD

Be familiar with how your PFD or lifejacket works so that you will be less likely to panic in an emergency.

Read the manufacturer's instructions on topics such as proper use, deflating the inflatable after use, rearming and repacking, and specific maintenance, cleaning, and storage.