### HOW TO PROPERLY FIT A LIFE JACKET



1.

3.

4.



# CHECK LIFE JACKET LABEL FOR THE APPROPRIATE WEIGHT OR CHEST SIZE.

The life jacket label will indicate the size and weight of the intended user. Make sure the wearer is within these ranges. Verify that the life jacket label states it is "Approved to the Australian standard. AS4758.1"

#### PUT THE LIFE JACKET ON

Inspect the life jacket for wear and tear. Warning signs include rips and missing or broken buckles or straps.

## **3.** BUCKLE ALL STRAPS AND TIGHTEN OR ZIP UP ALL ZIPPERS.

- Make sure all straps can be buckled and zippers zipped. Don't forget the crotch strap if there is one!
  - **4.** HAVE THE WEARER LIFT THEIR ARMS OVER HEAD AND GENTLY LIFT THEM BY THE TOP OF THE LIFE JACKET ARM OPENINGS.
  - If the jacket rides up above their ears, it's too big. If the straps or zippers don't close, the jacket is too small.





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### THE RIGHT LIFE JACKET FOR YOU





Application	Performance level
Offshore extreme conditions, spacial proactive clothing, heavy equipment.	275
Offshore foul weather clothing.	150
Near shore and offshore within sight or land, light clothing.	100
Near shore help at hand, limited protection against drowning, requires active participation by wearer.	50
Near shore help at hand, limited protection against drowning, requires active participation by wearer, can be of any colour.	50-s
Near shore help at hand, limited protection against drowning, requires active participation by wearer; for competent swimmers in specific specialist activities.	25
Restricted use: Requires specialist skills, knowledge and training. Not intended for recreational use.	Any

Contact: (02) 9557 3999 Email: sales@marlin-australia.com.au Web: www.marlin-australia.com.au Address: 41 Barwon Park Rd, St Peters NSW 2044

