

Life jackets: Get information and a coupon!

Why should people of all ages wear life jackets?

Drowning is swift, occurring in as little as 30 seconds, and silent. In 2010, there were 108 drownings in Washington state (40 among 45-64 year olds). Safety is for everyone - and drownings are preventable!

When buying a life jacket check for:

- Coast Guard approval label.
- A snug fit. With the life jacket on, raise your arms over your head. Look to the left and right; the chest part of the jacket shouldn't hit the chin.
- Head support for younger children. A well designed life jacket will support the child's head when the child is in the water.
- A strap between the legs for younger children will help prevent the life jacket from coming off.
- Appropriate type of activity and water conditions. There are five different types of life jackets. Check the label or ask the salesperson to describe to you the different types and their purposes.
- Comfort and appearance. This is especially important to teens who may be less likely to want to wear a life jacket.

Guidelines for wearing life jackets.

Even if you or your child knows how to swim, children, teens and adults should always wear a life jacket:

- When on a boat, raft or inner tube
- When swimming in open water like a lake, river or the ocean
- When playing in or near the water and on docks (for young children)
- When participating in water activities such as skiing, surfing, wind surfing, jet-skiing, etc.

How do you use a life jacket?

- Every spring, check the life jacket for fit as well as wear and tear. Throw it away if you find air leakage, mildew, rot, or rust.
- Practice wearing your life jacket in the water. Each type of jacket provides flotation in slightly different positions. Make sure your jacket works for you as designed.
- Never substitute toys, such as water wings, or plastic rings, for a life jacket.



For more coupons or water safety information visit:
www.srhd.org/topics/drowning.asp



BIG 5
SPORTING GOODS

& the Washington State Drowning Prevention Network

25% OFF
the Regular Price
of any Life Jacket
in Stock

Offer good: April 1, 2013
through September 30, 2013

Good at all Washington and North Idaho Big 5 Sporting Goods for one-time purchase only. Excludes bulk orders, Jansport and Super Value Priced Items. Limit one coupon per customer. Cannot be applied to other coupons or prior purchases. Not redeemable for cash or cash equivalent and must be surrendered at time of purchase. Discounts on multi-item purchases will be apportioned to each item on a pro rata basis. Go to www.big5sportinggoods.com for the location nearest you.





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