

Friends of the Kaw



Jigsaw Lesson Materials- Icons http://www.kansasriver.org/content/teens_teacher_icons

2. Selecting a PFD for Your Needs

Select your PFD by reading the label and ensuring that it is U.S. Coast Guard approved for your size and weight, the type of activities you'll be doing, and the kind of water you'll encounter.

Fitting Your PFD

The next step in selecting a PFD is ensuring it fits properly and is comfortable. Try on several types with different amounts of clothing to gauge how the PFD will feel when worn at different times throughout the year. Adjustable straps will help you alter the fit for the amount of clothing you'll wear. The PFD should fit snug; if it is too loose it will not provide proper flotation in the water. A common fitting practice is to put on the PFD, and tighten all straps and close zippers. Next, raise your arms above your head and have someone try and lift the PFD up by the shoulders. The PFD is not a proper fit if it is too loose; signs of this are if the PFD moves and almost comes off, or if the main zipper or strap touches your nose.

Types of PFDs



Type I: offshore lifejackets, are the most buoyant PFDs and suitable for all water conditions, including rough or isolated water where rescue may be delayed. Although bulky in comparison to Type II and III PFDs, offshore jackets will turn most unconscious individuals to the face-up position. They range in sizes from adult to child.

Type II: vest is designed for comfort. Type II PFDs, or near-shore buoyancy vests, are for calm and open water where a rescue will occur quickly. They are not designed for long periods in rough water. These vests will turn some, but not all, unconscious wearers face-up in the water. Some inflatable Type II models will turn wearers to the face-up position as well as a Type I PFD. This vest is less bulky than a Type I and often the least expensive of the PFD types. Type II PFDs are available in a variety of sizes.



Type III: Water Sport Vest with impact rating of 100MPH. Type III PFDs, or flotation aids, are for calm and open water where a rescue will likely occur quickly. These PFDs are designed to keep the wearer in a vertical position. It is the wearer's responsibility to maneuver themselves into a face-up position, usually accomplished by tilting their head back. Type III inflatable models will keep unconscious wearers face-up as well as a Type II inherently buoyant vest. This PFD is not recommended for rough water conditions. These PFDs are the most comfortable to wear and popular for recreation boating and fishing. Type III PFDs come in sizes from adult to child.



Sources

<http://www.dnr.state.wi.us/Org/caer/ce/eeek/nature/camp/canoeSafety.htm>

http://www.uscgboating.org/SAFETY/fedreqs/equ_pfd.htm

<http://wilson.ces.ncsu.edu/index.php?page=news&ci=HOME+6>

<http://www.nts.gov/>

<http://www.nfpa.org/itemDetail.asp?categoryID=1762&itemID=42141&URL=Safety%20Information/For%20public%20educators/Education%20programs/Risk%20Watch%AE/Risk%20Watch%20Lesson%20plans/Grades%207-8&cookie%5Ftest=1>



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