

Life jackets: Get information & a coupon!

Why should people of all ages wear life jackets?

Drowning is swift, occurring in as little as 30 seconds, and silent. In 2006, in Washington State, 123 drownings occurred - involving all age groups (48 of the drownings were 40-64 year olds). Safety is for everyone - and drownings are preventable!

When buying a life jacket check for:

- Coast Guard approval label.
- A snug fit. Check weight and size on the label and try the life jacket on your child. Pick up your child by the shoulders of the life jacket. The child's chin and ears should not slip through if the fit is proper.
- 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 vest from coming off.
- Appropriate type of activity and water conditions. There are five different types of life jackets. 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.



For more coupons or water safety information visit:
www.drowning-prevention.org

Thank you to Big 5 Sporting Goods, Spokane Regional Health District, Inland Northwest Drowning Prevention Coalition, and the Washington State Drowning Prevention Network for their support of water safety.

Children's Safe Kids.
Hospital & Regional Medical Center Washington

Guidelines for wearing life jackets.

- Children between birth and 4 years: on beaches, docks, in boats, and on inner tubes.
- Children between 5 and 10 years: on docks, in boats, and on inner tubes.
- Children 11 through adults: in boats, and on inner tubes.
- Anyone participating in such water activities 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.

BIG 5
SPORTING GOODS

& the Washington State Drowning Prevention Network

25% OFF
LIFE JACKETS*

Offer good: May 1, 2008
through September 30, 2008

*25% off the regular price of any **Hang 10, Stearns, Body Glove, X20, Maui & Sons, or Winning Edge** life jackets in stock

Good at all Washington and North Idaho Big 5 Sporting Goods for one-time purchase only. Cannot be combined with any other offer or sale. Go to www.big5sportinggoods.com for the location nearest you.