

PERSONAL PROTECTIVE EQUIPMENT (PPE)



Selection of personal flotation devices (PFDs) and life-jackets

Wearing a PFD can save your life if you fall overboard. Your flotation device must be the right one for the job, and should also fit, be comfortable and allow you to move freely while you work. It must also have a label or permanent marking showing it meets a standard acceptable to Transport Canada, Canadian Coast Guard or Fisheries and Oceans Canada.

Buoyancy and requirements

- Your PFD or life-jacket must provide a minimum buoyancy of 69 Newtons (7.03 kg / 15.5 lb).
- To make it easier to spot you if you fall overboard, your flotation device must have white or silver retro-reflective material fitted on the surfaces that normally remain above the water.
- If your PFD or life-jacket is not inherently buoyant, it must be automatically inflatable and also have a manual inflation system.
- Wear your auto-inflatable flotation device **over** your clothing. Do not attach anything to it that might prevent it from inflating when needed.

In New Brunswick, sections 51 (2) and (3) of General Regulation 91-191 cite the same standards for life-jackets and PFDs as the federal regulation. Section 51(3) also has a requirement similar to the federal regulation, which requires that retro-reflective material is fitted on the surfaces that normally remain above the water.

PERSONAL PROTECTIVE EQUIPMENT (PPE) – Continued

Size

Your PFD or life-jacket 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 further tightening the straps. If it still moves up, it is too large.
- To get the best feel and fit, when trying on a PFD or life-jacket, wear the clothes you would normally wear while working.
- If possible, test your PFD or life-jacket in a pool or shallow water. If you are familiar with how it works, you are less likely to panic in an emergency.

Before you use a new PFD

- Read the manufacturer's instructions on topics such as general use and proper care of your life-jackets and PFDs.
- Read the manufacturer's instructions on deflating, re-arming and repacking, specific maintenance, cleaning and storage after use of your PFD.



Select an approved flotation device that will keep you afloat and is comfortable to work in.