



HM Coastguard

Lifejackets save lives



Make sure you're wearing yours.

If you fall in the water it could buy you vital time and save your life:

- Get the right size and type for your sport
- Wear crotch straps to stop it riding up
- Know how and when to wear it
- Get it serviced regularly

In an emergency, contact the Coastguard on VHF Channel 16 or by calling 999.



For more safety tips visit
hmcoastguard.uk/onboard
or scan this QR code