

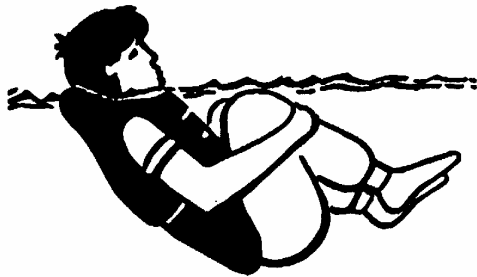
If someone falls overboard, do not enter the water to help them. Instead, throw a buoyant object out to the person (example: extra lifejacket, plastic picnic cooler or ring buoy). You can also reach out with an oar or paddle or even your belt. **Remember, you have your 15 metres of buoyant heaving line that you can throw out to the person overboard.



Top 3 Reasons to wear a lifejacket or pfd while boating:

1. If you fall overboard, it will keep you afloat.
2. You will be able to maintain the HELP Position (Heat Escape Lessening Position) to stay warm and prevent hypothermia.
3. A lifejacket will most likely turn you on to your back if you are unconscious and floating in the water.

*Remember: It won't work if you don't wear it!



**Heat Escape Lessening
Position (HELP)**