

Life Jackets—

a second chance in

COLD WATER

Most boating fatalities in Alaska result from drowning in cold water while not wearing a life jacket.

Wearing your life jacket could be the single most important factor in surviving cold water immersion.



Cold water immersion can kill in three ways:

Cold Shock

Within the first 2-3 minutes:

- Gasping, hyperventilation and panic.
- Drowning if not wearing a LIFE JACKET!

Swim Failure

Within the first 30 minutes:

- Loss of strength and dexterity in arms and legs.
- Inability to keep head above water, swim or self-rescue.
- Drowning if not wearing a LIFE JACKET!

Immersion Hypothermia

After 30 minutes or more:

- Gradual cooling of the body's core temperature.
- Eventual loss of useful consciousness.
- Drowning if not wearing a LIFE JACKET!

