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!

Are You Wearing Yours?

www.alaskaboatingsafety.org