

Safety Alert - Take care when fitting your lifejacket



Good Fit



Bad Fit

Test the tightness of the chest strap by placing your fist underneath the buckle.

If there is a gap between your fist and your clothing, then the lifejacket is a too loose.

If your fist will not fit, then loosen the lifejacket a little.

Make sure that the inflation toggle is accessible and that you know how to use it



Crotch strap too loose



Crotch strap correct

Crotch straps should be fastened and not left hanging. Well Adjusted crotch straps will be as short as possible while still allowing comfortable movement.

In the event of entering the water, crotch straps should be tightened to stop the lifejacket from riding up.

There is more information here [WEAR IT - The RNLI guide to lifejackets and buoyancy aids](#) or use the QR code opposite.



Take care to fit your lifejacket correctly, it could save your life.

Stephen Worley
Honorary Rowing Safety Adviser
safety@britishrowing.org

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