



WEAR YOUR LIFE JACKET!

Life jackets, also known as Personal Flotation Devices (PFD), are used to keep boaters and people using watercrafts safe in the event of an accident. Life jackets come in different styles but still serve the same protective purposes. They prevent wearers from sinking and drowning, especially if they cannot swim or have been injured. They also allow people to float if they are experiencing shock from being thrown into freezing water. Injuries and heavy, waterlogged clothing that might otherwise cause people to sink in water are offset by life jackets' buoyancy. The typical bright colors given to life jackets allow wearers to be spotted by rescue teams.

Life jackets save lives at sea, but only when donned correctly. Once you have a lifejacket that is the correct size, it is vital that you fit it correctly. Secure the crotch straps, if fitted, and make sure all straps are firmly adjusted. Fitting your lifejacket correctly is the difference between struggling to keep your head above water and a relaxed float.

SAFE BOATING PRACTICES

It is important to follow safe boating and sailing practices at all times:

Before boarding a boat or dhow take charge of your safety:

- Wear a life jacket! Life jackets save lives in case of any emergency in water;
- Ensure that the boat/ dhow you are riding in is seaworthy, insured and licensed;
- Ensure that the boat/ dhow has communication gadgets on board to help you call for help in cases of emergencies at sea;
- Be certain that the boat/ dhow operators and crew are skilled and qualified to take you on water. They should match their knowledge to conditions at sea and never put passengers, fellow crew or the vessel at risk!

As a water craft operator, always note that you are responsible for your passengers and crew's safety. At all times ensure that:

- Your crew/fellow water craft operators are trained, skilled and qualified to handle the vessel;
- Your crew or vessel operators are familiar with meteorology and navigation as well as any navigational dangers they may encounter;
- Your craft or vessel is seaworthy;
- Your vessel has sufficient life jackets for passengers and crew. Remember, one life jacket per person;
- Your vessel has sufficient communication devices and safety equipment onboard to handle emergencies at sea;
- Your vessel is insured and licensed;
- Be aware of the limitations of your craft/ vessel. Do not overestimate its speed or ability to handle difficult conditions. Remember that the state of sea and weather can change rapidly;
- If you are boating at night, it is important to have the required lighting on the boat so that other boats can see you. It is also important to know the signals that boaters use at night. This is important so that you can use the signals if you need help also;
- You should never operate a boat under the influence of alcohol or any kind of drug;
- Do not spill petrol or oil or throw rubbish into the sea/beach. Protecting our marine environment is our responsibility.

Incase of any emergencies at Sea or oil spills contact:

The Regional Maritime Rescue Coordination Centre (RMRCC)

Telephone: 0721-368313 or 0737-719414

Email: rmrcc@kma.go.ke or info@kma.go.ke

Facebook: Kenya Maritime Authority

Twitter: @kmakenya

Website: www.kma.go.ke