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# About Life Jackets

[Life jackets](#) let their wearers stay afloat when they have fallen into the water. They are all made with the aim that they will keep our heads above water to breathe. The majority of boating fatalities are caused by drowning without a life vest, which shows just how important this equipment is. See the following guide to sailing life jackets for more information on what they are and how they work.

## **History of the Life jacket**

Life jackets at their inception are thought to have been made out of animal skins. Cork was the next stage in keeping people afloat.

## **Life Vest and Jacket Functions**

Bladders are used in a life jacket to inflate either automatically or manually so that the user can float. The automatic system inflates when it is immersed in water; the manual system requires the wearer to pull on a lanyard to activate a canister of carbon dioxide. Both systems have a backup inflation method where the users blow them orally.

## **How do Sailing Life Jackets Operate?**

A life jacket is normally filled with synthetic foam or air. This foam is made out of numerous materials that do not absorb. Compressed air keeps the air-filled type afloat.

## **About Wearing Sailing Life Jackets**

When taking part in water activities it is very important to wear a life vest at all times. If you accidentally fall into water without one your life could be at risk in unpredictable waters. New jackets are light and comfortable meaning they are not as much of a nuisance. They also come in many different styles to suit all.

## **Care**

[Life jackets](#) should be tested about once per year for buoyancy and wear and tear signs. When they are not being used they need to be kept away from direct sunlight and cleaned properly to prevent a mould build-up.

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