



1. Remove your lifejacket from the foil pack.



3. Close the **Waist Belt Buckle** at the front. If you have a **Waist Loop** fitted, pass the right buckle through the loop first.



5. Attach the **Crotch Strap** to the **Waist Belt**. Pull excess through the **Adjuster**.



2. Don the lifejacket like a waist-coat.



4. Tighten the **Waist Belt** by pulling backwards at the side **Adjuster**.

6. Lifejacket ready for use.

It is designed to inflate automatically on contact with water.



1. By pulling on these beads, deploy the **Spray Hood**. Pull the hood over your head.



2. Then pull the **Spray Hood** over the bottom of the life jacket.



3. Re-deploy the light.