

## MK-1 Life Preserver TIP 017

Donning an Eastern Switlik Life Preserver with crotch straps:

Note: Prior to use, the correct size life preserver should be determined based on the below table. Various body types should be considered to ensure proper sizing, especially for those personnel whose chest measurements fall in the gaps between sizes. Personnel whose chest to waist measurements is disproportionate should select the next larger MK-1 to compensate. Personnel whose chest to waist measurements is proportionate should select the smaller size MK-1.

MK-1 Life Preserver Sizes and Measurements

Size	Chest Size (Inches)
Small	36 to 38
Medium	40 to 42
Large	44 to 46
X-Large	48 to 50
2X-Large	52 to 54

1) Unzip life preserver and unbuckle life preserver waist belt and long strap pieces (Figures 1 and 2).



Figure 1



Figure 2

Long strap  
piece

2) Don life preserver. Ensure the MK-1 life preserver is zipped up with the waist belt buckled and tightened, the chest strap secured. The waist belt shall be adjusted until a comfortable snug fit is obtained. If snug fit cannot be obtained, use a smaller size. (Figure 3).



Figure 3

3) Reach between legs and grab long strap piece (Figure 4). Ensure straps are not twisted

Long strap  
piece



Figure 4

4) Pass strap between legs (back to front) and snap against female buckle on short strap piece. Repeat for other side. (Figures 5 and 6)

Short strap  
piece



Figure 5

Note: Alternatively, straps can also be crisscrossed, where the long strap on one side is attached to the short strap on the opposite side (pictured below). This option may be more comfortable for some.



5) Place a closed fist behind the straps and tighten straps evenly on both sides. (Figure 6)



Figure 6

6) Use strap collar to secure loose straps (Figures 7 and 8).



Figure 7



Figure 8