

BACKPACK SAFETY TIPS

PURCHASING A BACKPACK:

- Two wide padded shoulder straps
- Lightweight fabric
- Padded back
- Multiple compartments
- Waist belt

These features not only make it more comfortable to wear a backpack, but helps evenly distribute the weight

BACKPACK SAFETY TIPS & IDEAS:

- Wear both straps. Backpack should sit evenly on the middle of the back, two inches above the waist.
- Weight of the backpack should not exceed 10-15% of child's body weight.
- Be aware of your posture when standing or walking with book bag.
- Pick the backpack up by bending at the knee, instead of throwing it over the shoulders.

WHAT KIDS CAN DO:

- Use desk or locker more frequently
- Do not carry around unnecessary items
- Lighten the load! Bring home only the books needed for homework/ studying each night. Organize the heaviest contents so they are placed near the back.

ADJUST BACKPACK IF:

- Child struggles to get the pack on and off
- Complaints of back pain arise
- Child's standing posture is altered due to the weigh and fit of pack

