

WATCH THAT BACKPACK LOAD



CHILDREN RELY ON
BACKPACKS FOR
SCHOOL & ACTIVITIES
MAKE HEALTHY
BACKPACK HABITS

POOR POSTURE

Children can hurt themselves by using poor posture to carry a heavy bag. They may arch their back, bend forward, twist, or lean to one side.

CHOOSING THE RIGHT BACKPACK

PICK A BACKPACK THAT HAS THE FOLLOWING TRAITS:

- 1 Lightweight but strong
- 2 2 wide, padded shoulder straps (not just 1 strap)
- 3 Padded back to protect against sharp objects
- 4 A waist strap to help keep the bag stable

BACKPACKS
THAT ARE
TOO HEAVY
OR DON'T FIT
RIGHT CAN
CAUSE HARM

WEARING A BACKPACK SAFELY

Talk with your children about how to safely use a backpack. Help them adjust it.

TEACH THEM TO:

Pack light and at a comfortable weight. When full, it shouldn't be more than 10% to 20% of your child's body weight.

Only carry what's needed.

Use care when putting on and taking off the backpack. **Avoid twisting.** When picking up a heavy backpack, bend with both knees—not at the waist.

Use both straps on both shoulders. This will help spread the weight and promote good posture.

Place the backpack evenly in the middle of the back.

The backpack should sit about 2 inches above the waist.

Tighten and loosen the straps as needed. The straps should be snug while wearing the pack.

IF YOUR CHILD HAS BACK PAIN

Talk with the school about ways to lighten the load.
If the pain continues, talk with your child's healthcare provider.



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