

KIDS BACKPACK SAFETY



Tips to help you and your child make smart choices about selecting, packing, lifting, and wearing a backpack.

WEAR BACKPACK ON BOTH SHOULDERS

Carry **books in arms** if the backpack is too heavy.



Tighten shoulder straps so the backpack hangs at the waist. Backpack should **not hang more than 4 inches** below the waistline.



Backpacks should be **10% or less of your child's weight**.



Use chest straps to help **distribute weight evenly**.



Place heavier, **larger books closer to the body** with the smaller items furthest away.



Choose a backpack made of **lightweight material**.



Choose a backpack with wide padded shoulder straps, a padded back, and a waist strap.



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