



BACKPACK FACTS

HOW TO PACK & WEAR BACKPACK



To reduce strain, choose a pack with two padded shoulder straps, a padded back and a sternum or hip strap.



Keep heavier items close to the body and in the middle of the backpack. Multiple compartments help with weight distribution.



Encourage your child to leave unnecessary items at home/school to lighten load.



Make sure your child uses BOTH shoulder straps. Using only one shoulder strap can result in additional neck, back and shoulder strain.



Adjust straps to fit pack snugly to your child's body, holding the bottom of the backpack 2 inches above the waist.

IMPORTANT FACTS



Heavy backpacks can distort the natural curvature of the spine resulting in muscle strain and poor posture.



Overweight packs can cause lower back, neck and shoulder pain; as well as tingling and numbness in the arms.



It is recommended that children carry no more than 15 percent of their body weight in a backpack.



Girls are more likely to have pain associated with carrying a backpack because of their smaller frames.