

* Back to * School

Backpack Safety

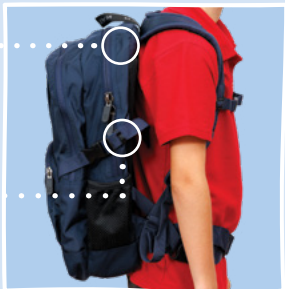


Wear both shoulder straps to distribute weight evenly. Choose a backpack with wide padded shoulder straps.

Secure chest and waist straps to better distribute heavy loads.

Position the backpack below your shoulders and above your hips.

Adjust the straps so the backpack fits snugly against your back.



Quick Tips



Don't overpack!
Backpack should never weigh more than 10% of your body weight.

Pack the heaviest items closest to the spine and fully zip all compartments.

Reduce the time spent wearing the backpack to no more than 30 mins at any one time.

Always lift your backpack by squatting down and using your legs to lift, not your back!

For more information, talk to your local ACA chiropractor or visit backtoschool.org.au

