

Healthy Spine

CHECKLIST

BACKPACKS

A GUIDE FOR PARENTS & TEACHERS

SUITABLE FOR YEARS K-6

A healthy spine starts with a properly packed and strapped backpack.

B

is for BALANCED BACKPACK

A balanced backpack can support a balanced spine.

A backpack should be worn using both padded shoulder straps to distribute the weight evenly.

The chest and waist straps should be secured to help balance heavy loads.



The top of the backpack should sit just below the shoulders with the bottom positioned above the hips.

All compartments should be fully zipped.

Adjust the straps so the backpack fits snugly and well balanced against the child's back.

The heaviest items should be packed towards the spine.

QUICK TIPS

Ideally, backpacks should not weigh more than 10% of a child's body weight. Encourage children to only pack what they need.

Encourage children to always stand and walk tall with upright posture when carrying backpacks.

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

Encourage children to learn how to lift a backpack safely by squatting down and using their legs to do the lifting, not their backs.

