

# 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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