



How to Safely Wear a Backpack

Do's

- ✓ Your child's backpack weighs LESS than 10% of their total body weight
- ✓ The bottom of the backpack does NOT hang more than 4 inches below their waistline
- ✓ There are individual compartments inside the backpack
- ✓ Pointy or bulky items are placed away from the area that is resting against your child's back
- ✓ Backpack straps are placed on both shoulders
- ✓ Shoulder straps are adjusted to keep the backpack close to your child's back