

#1 LIGHTEN THE LOAD

- Keep the load at 10-15% or less of the child's body weight.
- Carry only those items that are required for the day.
- Organize the contents of the backpack by placing the heaviest items closest to the back.

BACK PACK

SAFETY TIPS



#2 - WEAR BOTH STRAPS

Use of only one strap causes one side of the body to bear the weight of backpack.
By wearing two shoulder straps, the weight is better distributed.



#3 - WEAR IT RIGHT

- 👍 Wear the backpack over the strongest mid-back muscles.
- 👍 The backpack should rest evenly in the middle of the back.
- 👍 Shoulder straps should not be too loose, and the backpack should not extend below the low back.

