



## BACKPACK CHECKLIST!

These tips from the American Occupational Therapy Association will help prevent back injuries from improper backpack usage:

- ❖ Keep the weight of a loaded backpack less than 15% of your child's weight. For example, a 100-pound child's loaded backpack should weight 15 pounds or less.
- ❖ Know what your child carries. You can make suggestions for reducing the weight.
- ❖ Arrange the load so the heaviest items are close to the child's back.
- ❖ Use BOTH shoulder straps. And, the shoulder straps should be wide and padded.
- ❖ Use the waist belt if the pack has one.
- ❖ Choose the right size for your child: the pack should be no larger than the child's back.
- ❖ Adjust the pack so it fits snugly against the student's back and the bottom rests in the curve of the lower back.