



Children wearing backpacks

Photo — iStockphoto

Backpack safety

Special thanks to the BC Chiropractic Association
Illustrations: Nola Johnston

Choose a backpack:

- with wide, padded shoulder straps.
- with many pockets, so you can balance your heavy things, such as books.



Pack it right:



- Put the heavy things at the bottom of the pack. These things should lean against your back.



- Put light things at the top.

Pack it light:

- Your backpack should weigh only 10% to 15% of your body weight. For example, if you weigh 65 kg, your pack should weigh about 6 kg to 10 kg only.

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Wear it right:



Backpack too heavy



Weight on one shoulder only



Backpack too low



Not too heavy, not too low.
Weight on both shoulders