

6 tips for **Backpack Safety**



1. Proper Fit

Top of the backpack should sit just below the shoulders and bottom of the backpack should sit just below the waist.

2. Centered on Body

- Place heavier items closest to your back.
- Don't sling your backpack over one shoulder and always use both straps.
- Use chest and waist straps if available.

3. Check the Weight

Keep the load down. Load should only be 10-15 percent of your body weight. Use a bathroom scale to check it.

- So, if you weigh 60 pounds, your backpack should not weigh more than 6-9 pounds.

4. Limit Lifting

- When standing still, take off the backpack.
- Use your legs to lift the backpack.
- If allowed, rolling backpacks are a great alternative.

5. Stay Strong

Good core strength can prevent injuries to the back, neck and shoulders.

6. Stay Updated

Researchers are designing backpacks with suspension systems and other improvements that may help reduce back strain.



Marshfield Clinic®

Don't just live. **Shine.**