EASY STEPS FOR PERFECT BACKPACK FIT



Heavy or improperly worn backpacks can cause back, neck, and shoulder pain, along with posture problems in growing students. Following guidelines from the National Safety Council keeps kids safe and comfortable every day.

The 5 to 10 Percent Weight Rule

- Aim to keep the loaded pack to 5 to 10 percent of the child's body weight
- Teach kids to pack the heaviest items closest to the bottom and center of the bag
- Use all compartments to balance weight evenly across the entire pack
- Leave non-essential items, toys, and extra books at home or in school lockers

SIGNS THE BACKPACK IS TOO HEAVY

- Struggling to put the pack on or leaning forward significantly while walking
- Complaints of numbness, tingling, or soreness in the shoulders, back, or neck
- Red strap marks visible on the shoulders after taking off the pack

How to Wear and Adjust Properly

- Always use both shoulder straps to prevent muscle strain and posture shifts
- Tighten shoulder straps so the bag sits snugly against the back without dangling
- Fasten chest and waist straps to distribute weight more evenly across the body
- Use caution with rolling backpacks because they can create tripping hazards in school hallways

Help your child determine what is absolutely necessary to carry. If it's not essential, have them leave it at home, in their locker or in the classroom.

For more information on backpack safety for kids, visit: nsc.org/community-safety/safety-topics/child-safety/backpack-safety-for-kids

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