

# Keep Kids' Backpacks on Track



## Backpack Safety Checklist

### What to look for in a backpack

- ✓ Sturdy and correctly sized  
*narrower and shorter than your child's torso*
- ✓ Padded back and shoulder straps
- ✓ Lumbar support and waist belt
- ✓ Multiple compartments

Sources: American Chiropractic Association, California Chiropractic Association, National Safety Council

### Correctly Wearing a Backpack

- ✓ Load heavier items closest to the back
- ✓ Wear both shoulder straps at all times
- ✓ Tighten straps until snug but not tight
- ✓ Use the stabilizing waist strap
- ✓ Take the backpack off when standing still