

OUR MONTHLY HEALTHY LIVING TIPS

BACKPACK SAFETY



● Be certain the backpack doesn't weigh more than 5-10% of your child's body weight.

● Make sure the backpack doesn't hang more than four inches below his or her waist.

● Place some items in the small compartments. This will help distribute the contents and weight effectively.

● When choosing a backpack, look for the best design – not the biggest.

● Make sure your child uses both shoulder straps and that the straps are padded and adjustable.

● Talk to the teacher if the backpack is still too heavy.

Ask if your child can bring home workbook pages instead.

● Consider a bag on wheels if your child's back and neck pain continues.

● Talk to your child about the correct way to wear a backpack.

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