

Caron Chiropractic



4 STEPS TO SAFE BACKPACK USE

Below are helpful tips to insure you know how to safely use your backpack in order to promote spinal health.



Step 1: Choose Right.

Choosing the right size backpack is the most important step to safe backpack use.

Tip: Bring a friend to help you measure your backpack properly.

Step 2: Pack Right.

The maximum weight of the loaded backpack should not exceed 15 % of your body weight, so pack only what is needed.

Tip: If the backpack forces the wearer to move forward to carry, it's overloaded.



Step 3: Lift Right.

Face the Pack - Bend at the Knees - Use both hands and check the weight of the pack. - Lift with the legs - Apply one shoulder strap and then the other.

Tip: Don't sling the backpack onto one shoulder.



Step 4: Wear Right.

Use both shoulder straps - snug, but not too tight.

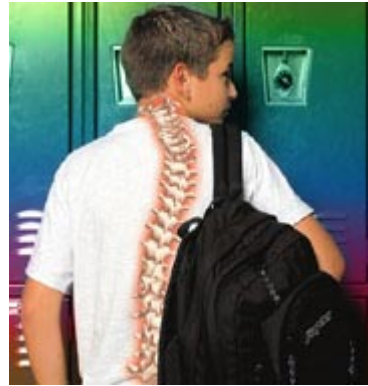
Tip: When the backpack has a waist strap - use it.



BELOW ARE TWO EXAMPLES OF HOW **NOT** TO WEAR YOUR BACKPACK..



WRONG: This backpack is overloaded, creating stress on the spine. Improper backpack use can lead to a lifetime of health problems.



WRONG: Wearing a backpack improperly over one shoulder can cause permanent misalignment of the spine, muscle fatigue, and a lowered state of health.

Give us a call if you would like us to do a presentation on backpack safety or other health topic in your school or organization. We do this as a public service at no charge.