



SCHOOL OF MEDICINE
DEPARTMENT OF PEDIATRICS



**Safety Sami Says:
Pack your backpack light and wear it right!**

Backpack Safety Checklist

Pack it light. Wear it right.

This list will help you learn how to choose and wear a backpack to help avoid injury:

- Wear a backpack is the right size for your back.
- Be sure the backpack has two wide, padded straps that rest comfortable on your shoulders.
- Adjust your shoulder straps so that they fit snugly on your back, and the bottom of the pack rests at the curve of your lower back.
- Choose a backpack that is lightweight, so it does not add too much additional weight to your load.
- If available, wear the backpack's weight belt or chest belt to help distribute the weight.
- Load the heaviest items in the backpack close to your back and use the inside pockets to store items to help keep them from moving around.
- Carry only items in your backpack that are necessary and clean it out often to help lighten the load.
- The total weight of the backpack should not weigh more than 10% of your body weight. That means that if you weigh 100 pounds, your total backpack weight should not be more than 10 pounds.

If the backpack is too heavy, lighten the load by hand carrying a book, lunchbox, or other item!



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