



INDIANA UNIVERSITY

SCHOOL OF MEDICINE

Safety Education and Outreach



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

Safety Sami Backpack Safety Checklist

Use this list to make sure your backpack is worn properly to avoid injury.

- The backpack is the right size for your back.
- The backpack is lightweight so it doesn't add much weight to your load.
- You wear the backpack's weight belt to help distribute the weight.
- The backpack has two wide, padded straps that rest comfortable on the shoulders.
- The shoulder straps fit snugly on your back and the bottom of the pack rests at the curve of your lower back.
- The books and supplies are arranged so they don't move around in your backpack.
- The items you are carrying are absolutely necessary.
- The backpack does not weigh more than 10% of your body weight.

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



Backpack safety now can help you avoid back and muscle strains.



Pack it light. Wear it right.