



Better backpack habits: For parents, teachers and students

- Parents and students should try to select backpacks with padded wide straps
- Students should be encouraged to wear both straps and not sling the backpack over one shoulder.
- Backpacks should not hang more than 4 inches below the waist.
- Backpacks should only contain what you need.
- Strive to keep your backpack less than 10% of your total weight.



Be smart, give your back a break.