

Backpack Awareness Day! Backpack Tips for Croc Backs

Katherine Elementary
HEALTHY LIVING WEEK
September 19-23, 2022



SHOPPING TIPS

A backpack should be as functional as it is cool.

Waist and chest belts help transfer weight evenly.



Backpacks should not be wider or longer than a child's torso.

Choose a backpack with a padded back and shoulder straps.



Bigger isn't always better. With more room comes more weight for your child to carry.



ORGANIZATION TIPS

Weight distribution is key to a well-balanced backpack.

Kids' backpacks should never weigh more than 10% – 15% of their total body weight.



Organize by placing heavier items low, near the center.



Be sure to use those little compartments to ensure better weight distribution.



Help clean out your child's backpack each week to remove extra weight.

PROPER USAGE TIPS

Smaller children are more at risk for backpack related injuries.



Be sure that both straps are used and adjusted evenly.

Tighter straps keep the load close to the back for better weight distribution.



Wearing a backpack too high can cause a child to lean forward or hunch.



A backpack that is too low can increase pressure on shoulders.

