

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.