# 4 Steps To Safe Backpack Use

#### 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 arch forward to support the weight, the backpack is too heavy.



## 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: Placing the backpack on a surface about hip height and slipping the straps on the shoulders reduces stress on the back. Do NOT sling the backpack onto one shoulder.



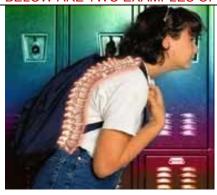
#### Step 4: Wear Right.

Use both shoulder straps - snug, but not too tight.

Tip: When the backpack has a waist strap – use it. The waist strap helps position the backpack over the hips.



## BELOW ARE TWO EXAMPLES OF HOW NOT TO WEAR YOUR BACKPACK



**WRONG:** This backpack is overloaded, creating stress on the spine. Improper backpack use can lead to a lifetime of health problems.



**WRONG:** Wearing a backpack improperly over one shoulder can cause permanent misalignment of the spine, muscle fatigue, and a lowered state of health.

Source: Backpack Safety – The internet resource for backpack safety <a href="http://www.backpacksafe.com/safety.htm">http://www.backpacksafe.com/safety.htm</a>.