

# Is my child's backpack safe?

In our office, I'm finding that more and more parents are concerned about the issue of children's health and safety with their backpacks. Widespread media attention is also evidence of this growing problem. Is your child's backpack safe for their long-term health? Follow steps 1-4 and call our office if you would like more information or have questions.

## Step 1: Choose Right.

Choosing the right size backpack is the most important step to safe backpack use.

## Step 2: Pack Right.

The maximum weight of the loaded backpack should not exceed 15 % of the child's body weight, so pack only what is needed. Example - 60lb. child, 9lb.(max) backpack.

NOTE: If the child has to lean forward to carry the weight, it is too much

## 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 and apply one shoulder strap and then the other.

NOTE: Do not sling the backpack up and onto one shoulder.

## Step 4: Wear Right.

Always use both shoulder straps. The straps should be snug, but not tight. If there is a waist strap, use it.

While backpack safety is an important issue for the long-term health of our children, proper posture and healthy ergonomics for future generations are equally important. At Yost Family Chiropractic, we offer children's spinal check-ups. These check-ups allow for early detection of spinal problems and scoliosis as well as maximize potential for well-being.

Chiropractic care for kids is safe, gentle and effective.

Get your kids a spinal check-up today and start the school year off right.

Yost Family Chiropractic

*"Chiropractic Care for the Entire Family"*

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