



# wearing your backpack

## Healthy tips to keep in mind this school year

Bend your legs when putting the backpack on or taking the backpack off.

Heaviest items should be closest to the center of the back.

Use both straps when carrying the backpack.

Use portable pack with **large wheels** when loads are too heavy.

Watch your posture, try not to slump.

Make sure your backpack is free of clutter.

Try to keep backpack weight below 20% of the student's body weight.

**Drop off books** if and when possible.

Have a good backpack with wide, padded adjustable straps and adjust the backpack so the lowest point is about 2 inches above the waist.

Carry less, **be more active.**

[www.dupagemedicalgroup.com](http://www.dupagemedicalgroup.com)

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