



Ms. Bluebelle's Backpack Safety Tips

It's important to make sure that your child uses his/her backpack the right way. Backpacks can cause back pain or posture problems if they aren't used the right way. Look at the tips below to learn more.



BACKPACK WEIGHT

- Carry as little as you can at a time by keeping most books in a locker.
- Clean out the backpack often.
- Keep the heaviest things in your backpack closest to your back.

ROLLING BACKPACK

- This type of backpack is a good choice for students who have a very heavy load.
- Rolling backpacks can be hard to carry up stairs or roll in the snow.

SHOULDER STRAPS

- The shoulder straps should be wide and padded. Thin straps can dig into the shoulder.
- Backpacks should always have two shoulder straps.
- The straps should be tightened to hold the backpack two inches above the waist.



Ms. Bluebelle and this information are brought to you by MDwise (www.MDwise.org). For questions, please call MDwise Customer Service at 1-800-356-1204 or in the Indianapolis area call 317-630-2831.