


9 Backpack Safety Tips

What you need to know

- Look for thick straps, approximately 7 cm.
- Choose a bag with two shoulder straps and use them both to help balance the weight.
- Buy backpacks with thinner fabric. It keeps the overall weight down.
- Pack the heaviest items in the bottom.
- Look for a bag with a hip or waist strap.
- Try to avoid having your child wear a backpack for more than 20 minutes at a time. 
- Make sure that the backpack is not too big.
- Backpacks should not extend above the shoulder or below the hip bone.
- Keep the backpack light. A child should not carry more than 10 percent of its body weight.

These tips are based on research evidence provided by Dr. Jason Busse, a CIHR-supported researcher at McMaster University.



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