

Backpack Fitting Guide for Children

Types of Problems a Heavy Backpack can cause:

- Back pain
- Shoulder pain
- Neck pain
- Headache

How to Measure your Child for a Backpack:

- The top of the backpack should be two inches below the top of their shoulder blades
- The bottom of the backpack should be at waist level or slightly above waist level
- Pick a backpack that has padding on the shoulder straps for extra comfort
- If your child's backpack has a hip belt, wearing it can help reduce the load from their neck and shoulders

Fitting Guide for a Child's Backpack

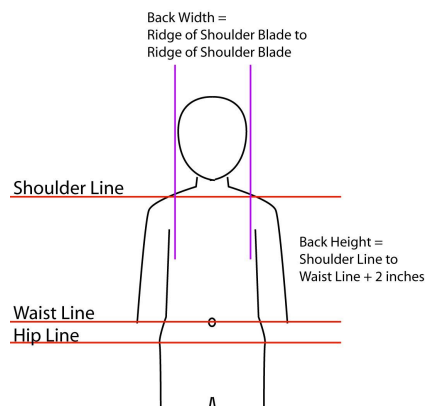


Image downloaded from (<https://www.thoughtco.com/fitting-guide-for-a-childs-backpack-1206463>)

Backpack Safety Tips:

- Make sure your child's backpack does not weigh more than 10% of their body weight
- Encourage your child to wear the shoulder straps on each shoulder to help balance out the load
- Try to distribute the weight in your child's backpack evenly by loading the heaviest items closest to your child's back
- When you fit your child for their backpack make sure that they are not leaning forward at their hips or arching their back, which are signs of their backpack being too heavy

For more information:

- <http://www.aota.org/-/media/Corporate/Files/Backpack/meet-your-backpack-8-2014.pdf>