

10 TIPS ON GOOD BACKPACK ERGONOMICS



1. Choose a backpack with wide padded shoulder straps.



2. Wear both shoulder straps to prevent shoulder alignment issues.



3. Never overpack! Backpack should never weigh more than 15% of your body weight.



4. Always lift your backpack by squatting down and using your legs to lift, not your back.



5. Look for backpacks with a waist and chest belt to better distribute heavy loads.



6. Position the backpack below your shoulders and above your hips.



7. A backpack with multiple compartments can better distribute the load.



8. Encourage your child to remove their backpack when waiting in line or standing for a long time.



9. Every few weeks, clean out your backpack for unused items that may be weighing you down.



10. Look for backpacks that stand upright when placed on the ground.

ERGONOMIC TRENDS

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<http://ergonometrictrends.com>