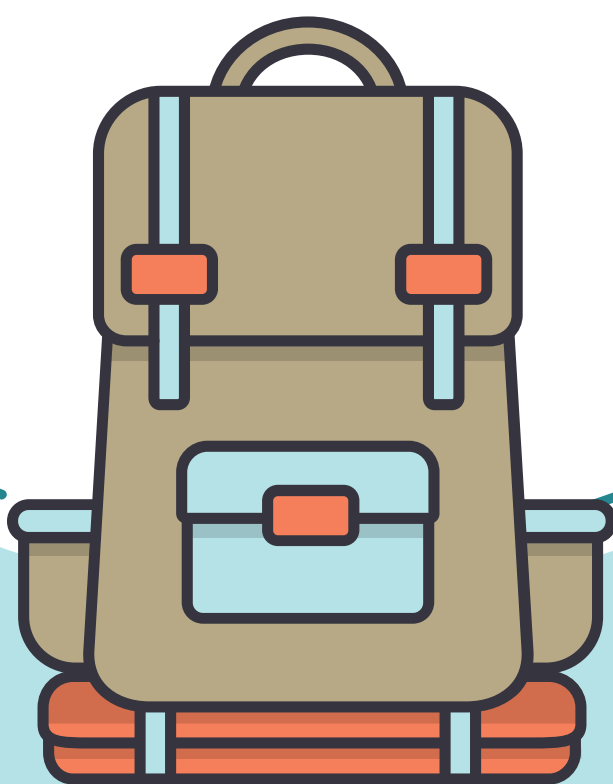


# How To Wear a **BACKPACK**

## Properly and Safely



### Look for a Backpack with:

**A padded back**  
to reduce pressure from digging into your back

**Padded, contoured, adjustable shoulder and chest straps**

to reduce pressure and balance the weight

**A waist or hip strap**  
helps to distribute load to the hips/pelvis and legs

**Compression straps**  
at the sides or bottom of the bag to help stabilize the contents of the bag

**Reflective material**  
for visibility at night

**Lightweight material**  
to reduce overall weight you are carrying

### How to Fit Your Backpack:

- 1** Adjust shoulder straps so the backpack does not sag below the bum! The bottom of the backpack should sit in the contour of the low back
- 2** Wear BOTH shoulder straps and ensure the arms can move freely
- 3** Use the hip/waist strap
- 4** Distribute weight of contents evenly within the backpack – keep heaviest items like textbooks closest to your back
- 5** A loaded backpack should weigh no more than 15% of your bodyweight