

Back to School: Backpack Safety

Although style is the usually the most important factor in selecting a backpack, the proper fit and use is imperative to your child's health.

Here are some helpful tips to help you choose your child's backpack:

- Look for an ergonomic design, with a padded back and shoulder straps.
- It should never be wider or longer than your child's torso and should not hang more than four inches below the waist.
- Select one with multiple compartments to better distribute the weight.
- A backpack should not weigh more than 10 percent of the child's body weight.

There are a few telltale signs that your backpack is too heavy. These include back and/or shoulder pain, red marks on the shoulder, tingling in the arms and hands and having to lean forward to carry your backpack.

Help your child determine what's essential to carry. If it's not absolutely necessary, leave it at home.



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