

Make sure straps are snug and heavier items are loaded in the bottom of the bag.

If a backpack is in the yellow or red zone, check for items that can be removed and left at home or school. Perhaps have the child carry a heavy book or water bottle in their arms instead of the backpack.

Remember to check the weight periodically, as items tend to accumulate throughout the school year!



IS THIS BACKPACK TOO HEAVY?



Brought to you by the Association of New Jersey Chiropractors, primary care professionals for spinal health and well-being. For more information or to find a chiropractic physician near you, please visit www.njchiropractors.com



Weigh the child.



Weigh the backpack.

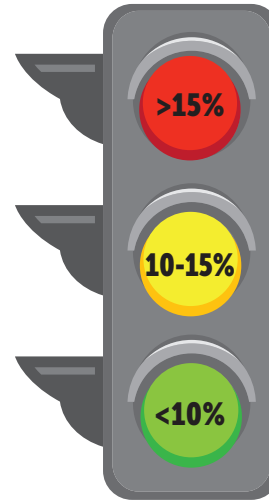
Backpack Weight _____

÷ Child's Weight _____

= _____

Move the decimal two places to the right to find the %

_____ %



RED: If it weighs more than **15%** of your child's body weight, it's a stop-right-there! Check that backpack immediately.

YELLOW: This is the cautionary zone, when the bag weighs between **10%** and **15%** of total body weight. It is starting to get too heavy.

GREEN: The backpack weighs less than **10%** of the child's total body weight. Your child is good to go!

CAUTION

Carrying too much weight on the back can lead to back, shoulder and neck pain and can cause problems with posture.