skills on the hill pediatric therapy

Backpack Safety & Posture Checklist

Pack it, fit it, and wear it right

A heavy or badly worn backpack can strain growing shoulders, backs, and necks. A few simple checks keep your child comfortable and standing tall - all school year.

NOTICE	TRY	BUILD	CONNECT	GROW

The 10-15% rule

A loaded pack should weigh no more than 10-15% of your child's body weight - weigh it now and then

Pack it smart

Heaviest items closest to the back; use all compartments to balance the load

Clean it out weekly

Fit it right

Both straps, always - never one shoulder

Snug straps so the pack sits high (bottom at the waist); use chest and waist straps if it has them

Choose wisely

Wide padded straps, a padded back, and the right size for the child (not oversized)

Warning signs

Red marks on shoulders, leaning forward to walk, pain or tingling in the arms, struggling to lift it on

Lighten the load

Leave what's not needed at home or school; consider a rolling bag on heavy days

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Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.