

BACKPACK AWARENESS & WORLD OT DAY

27th October 2021

Pack it Light, Wear it Right!

- Heavier books packed closest to back
- Backpack weighs no more than 10% of body weight
- Wear both straps and adjust so backpack is high on your shoulders
- Straps are tight and supported by body
- Hip and chest straps fastened (if available)
- Backpack should not extend below your waist and should be an inch or more above hips
- Backpack should not sway side to side when you walk



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