

# Schoolproof®



Pack heaviest items against your spine at the back of the bag



Pack mid weight objects in the centre section



Pack lightweight objects in the front section



Pack as light as possible, ideally your school bag should weigh no more than 10-15% of your body weight

## How to organise & wear your backpack

Medical experts recommend that you should:

Always wear the pack over two shoulders.

Choose a backpack that is appropriate for your size.

Adjust the shoulder straps so that the backpack fits snugly to your body and the straps sit evenly in the middle of both shoulders.

Secure your waist belt, this will keep the backpack snugly against your body.

Don't let the bag hang more than 10cm below the waist or pull away from your body.

Be mindful of the extra space you need when wearing your backpack and moving through crowded areas.

Carry only what you need for the day.

