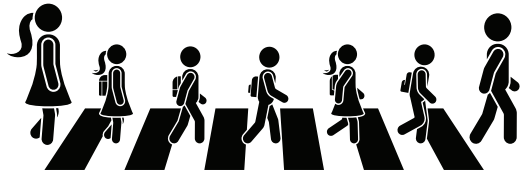


WALKING SCHOOL BUS



Don't let School Drag You Down!

Tips to Encourage Safe Backpack Use

1. Choose a lightweight backpack with two wide padded shoulder straps and a padded back.
2. Encourage your child to use both straps.
3. Tighten the straps to keep the backpack close to the body. Remember that adjustments may need to be made throughout the year, taking seasonal clothing into consideration.
4. Use chest and waist straps if available to help distribute the weight of the backpack
5. Pack heavy items closest to the back. Use the different compartments to help distribute the load.
6. The backpack should not extend above the shoulders or past the buttocks; it should sit evenly in the middle of the back.
7. Bend both knees when putting the backpack on and off.
8. Pack only the essentials! Encourage your child to clean out their backpack each week and make sure only the necessary school items are in their bag each day.
9. Encourage your child to visit their locker or desk often throughout the day so that they are not carrying all their books.

For more information: <https://healthunit.org/health-information/physical-activity-rest/walking-school-bus/>

Ontario Active
School Travel 

A program of  Green
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Designed by Leeds, Grenville & Lanark District Health Unit