



Katahdin Valley Health Center



Proper backpack fit and safety is important for children! The **US Consumer Product Safety Commission** reported that backpack-related injuries send about **5,000 children a year** to the emergency room, while **14,000 children** are treated annually for injuries from backpacks.

Things to Consider When Purchasing and Using a Backpack

- Ensure the backpack has **wide padded shoulder straps**.
- **Even-sized compartments** for even weight distribution.
 - Don't let one compartment be larger or heavier than the rest.
- **Padding** on the side closest to the back allows support for your child's lower back.
- **Chest and waist straps** to help support backpack weight.
- **Tighten** the backpack straps to keep the weight close to the body, preventing hunching over.
 - Heavy books should be kept in the compartment closest to the back.
- Decide what actually **needs** to be in the bag.
 - A weekly backpack clean-out will make sure bags stay light and manageable.
- A backpack should never weigh more than **15%** of your child's body weight.

**Come see your local Katahdin Valley Health Center
Chiropractor for a **FREE Backpack Safety Screening!****

No appointment is necessary - just walk in!

Millinocket Health Center

50 Summer Street, Millinocket

Mondays from 1:00pm to 5:00pm

Fridays from 7:00am to 11:00am

Patten South Health Center

529 South Patten Road, Patten

Tuesdays from 1:00pm to 5:00pm

Thursdays from 7:00am to 11:00am