

Back to school

Are you wearing your backpack correctly?

Check out these tips to keep your back healthy this year.

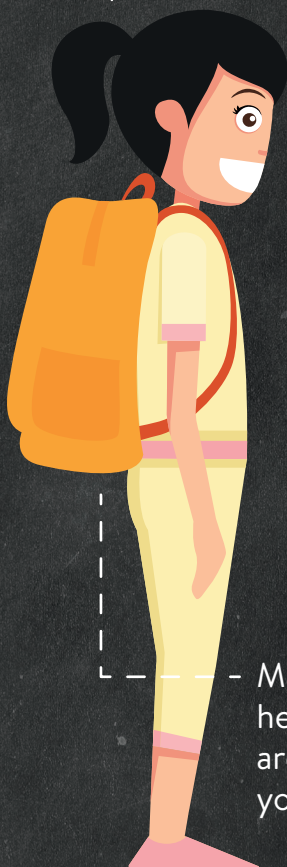
Your backpack
mustn't be too
heavy for you



Don't wear
your backpack
for more than
30 minutes



Always wear
both straps



Make sure
heavy items
are near
your back

