

# Back to school

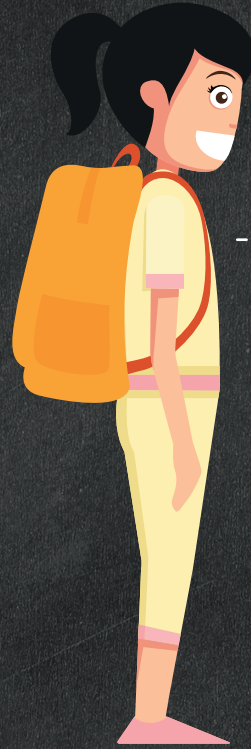
## Worried about your child's backpack?

Here are some tips to help keep your child's spine healthy throughout this school year.

Backpack shouldn't weigh more than 10% of child's weight



Pack heavy items close to spine



Always wear both straps



Don't wear for more than 30 minutes at a time

