

HOW TO WEAR YOUR HARLEQUIN BACKPACK AND TAKE CARE OF YOUR SPINE.

Help your children avoid back pain and strain by wearing and packing their backpack correctly.

Shoulders

Use both shoulder straps at all times to ensure the weight of your backpack is distributed evenly.

Your backpack should always be worn on two shoulders and NEVER only on one shoulder as this will cause neck strain.

The shoulder straps need to be pulled tightly so that backpack fits snugly to your back.

Hips

Use waist straps/hip pads (where available) which aids comfort and weight distribution.

Knees

Avoid knee pain which can occur if backpack is overloaded and worn incorrectly.

Neck and Upper Back

Correct posture shown.

To avoid a forward trunk lean (rounding of upper back) which causes neck and shoulder pain and making it difficult for muscles and ligaments to hold the body up, ensure your backpack is not overloaded and is worn correctly as shown.

Fit and Sizing

Close to the body.

Your backpack should be worn snugly to the body without space between your back and the pack itself.

Length.

Backpack should not be longer than your torso and should sit above your buttocks.

Lower Back

A change in posture by leaning forward to compensate for the weight of the backpack can result in lower and mid back and muscle pain and muscle tightness.

Weight

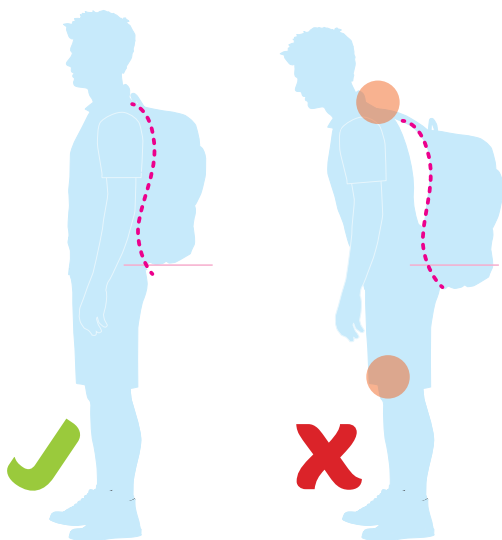
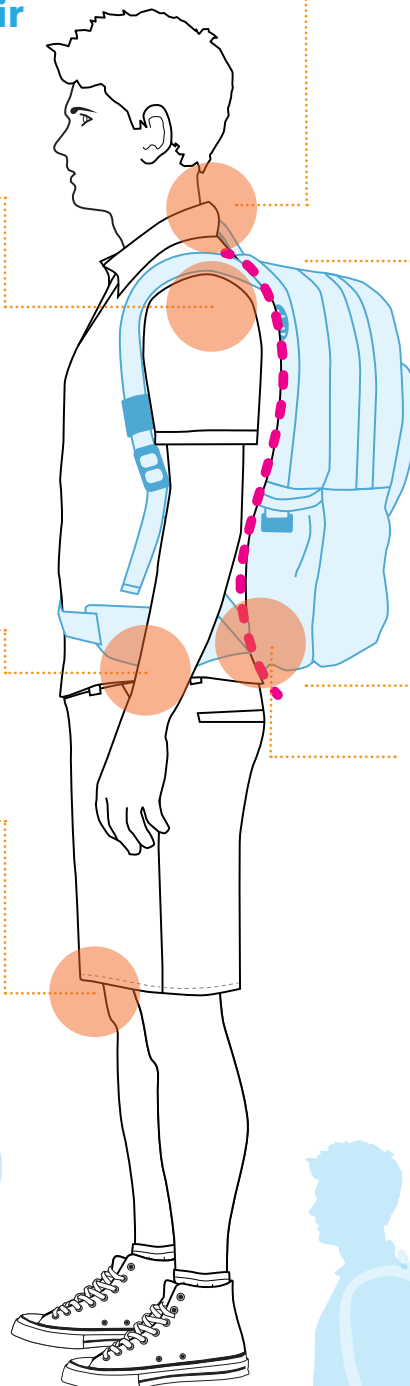
Distribution.

Utilise all compartments in your backpack to distribute and organise the weight of your contents evenly. Always pack your heavier school items and books low and towards the back. Laptops/tablets should be stored in internal padded pocket provided.

Ratio.

Backpacks should not weigh more than **10-15 percent** of your weight.

If your child strains to pick up their backpack - it's too heavy!



CORRECT
Posture

INCORRECT
Posture



PACK LIGHT

Heaviest items closer to your back.