

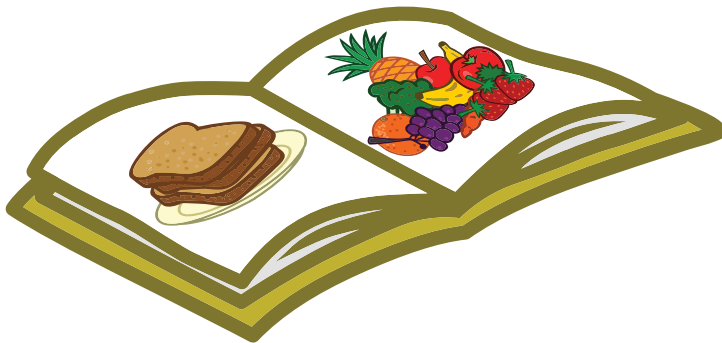


Chef Solus Backpack Tips!



BACKPACK SAFETY

- * Choose a backpack with wide, padded shoulder straps and a padded back.
- * Pack light. Organize the backpack to use all of its compartments.
- * Pack heavier items closest to the center of the back.
- * The backpack should never weigh more than 10 to 20 percent of the your child's body weight.
- * Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.
- * Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load.
- * Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.



Reprinted with permission from © 2009 - American Academy of Pediatrics