

**School  
Time**

# BACKPACK SAFETY TIPS

## The 3 Most Important Things About Backpacks

### Don't Overfill Them

Total maximum weight is 10-15% of your child's weight.

### Use the Straps

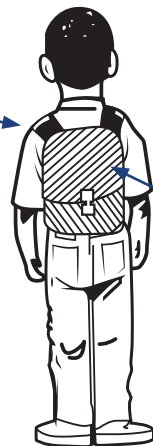
Don't allow your kids to carry their backpack over one shoulder all the time.

### Don't Pull on Them

Pulling back on a backpack can injure neck muscles and misalign the spinal column.

## A Properly Worn Backpack

**WIDE STRAPS**



**LIGHT LOAD**

(No more than 15% of body weight)

## DANGER SIGNS:

- **Headaches**
- **Neck Pain**
- **Upper Back Pain**
- **Shoulder Pain**

If your child is experiencing any of the above, call now for a

**FREE Phone Consultation**

## Student Special

### Includes:

- PRIVATE CONSULTATION
- EXAMINATION (up to 40 tests)
- X-RAYS (if necessary)
- FIRST GENTLE TREATMENT

**\$59** for you or one child.

or

**\$99** for you AND your child.

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