

# GOING SAFELY BACK TO SCHOOL

As Easy As 1-2-3!

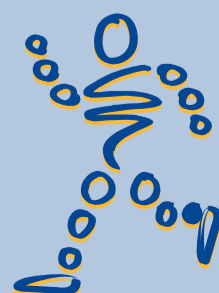
## My Back Pack Rules

1. Get a backpack that has many compartments to balance the load.
2. Fill your pack at table level or get someone to help put it on you.
3. Wear both your shoulder straps and your waist belt.



**Ph. 07 5474 0733**

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## *My Back Pack Rules*

*1. Backpacks should be no heavier than 10% of your weight when packed.*



*2. Backpacks should be no wider than your chest.*



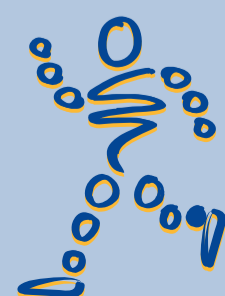
*3. Don't wear the backpack any lower than the hollow of your lower back.*

*4. Place all heavy items at the base of the pack, close to the spine, for a better distribution of the weight.*



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HEY, you don't want to break your back,  
so lighten up your school bag, NOW!

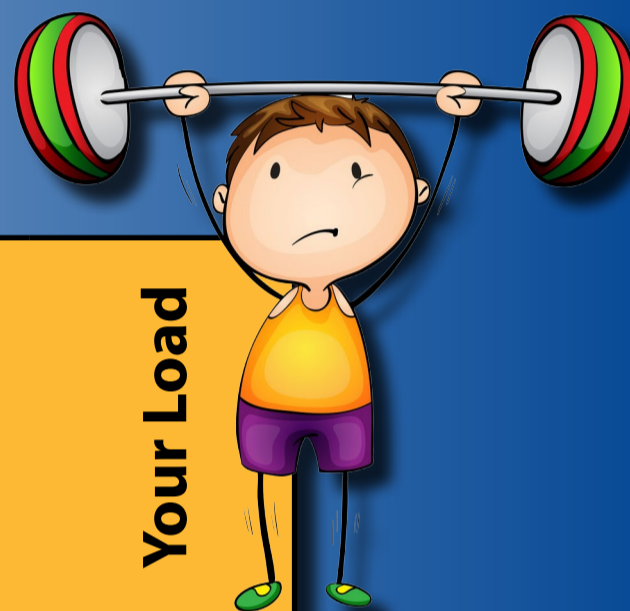
## My Back Pack Chart

Shoes	1kg
Wet Towel	1kg
6 Text Books	2.7kg
2 Binders	1.5kg
20 CDs	0.5kg
Water Bottle	0.25kg
Sports Gear	4.5kg
Lunch/Snacks	1kg

Your Weight

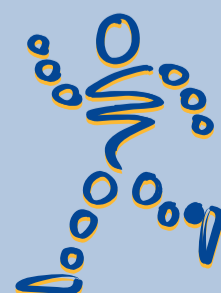
Your Load

23 kg	2.2 kg
32 kg	3 kg
40 kg	6 kg
50 kg	7 kg
59 kg	9 kg
68 kg	10 kg
77 kg	11 kg
86 kg	13 kg



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