

BACKPACK SAFETY TIPS



01 IT'S ALL IN THE FIT

Your backpack should not be wider than your torso. The shoulder strap anchor points shouldn't extend beyond one to two inches below the top of your shoulders. And the bottom of your bag shouldn't extend any further than one to two inches below your waist line.

When fastening the straps, they should fit snugly to the torso/shoulders.



06

DITCH THE UNNECESSARY WEIGHT

Experts at ATI recommend carrying no more than 10-15% of your body weight in the bag.



02

STRAP IN

It's important to wear both shoulder straps as well as the waist strap to help balance weight distribution.

Only throwing one strap over the shoulder will offset your center of balance, which will increase the likelihood of lower and upper back pain and strain to your shoulders and neck.

03



THE MORE PADDING THE BETTER

Choose a backpack with wide, padded adjustable shoulder straps and a padded back panel to help minimize direct pressure on the back.



04



PACK WITH A PURPOSE

Choose a backpack with multiple compartments to help balance the load. Be sure to pack the heavier items lower and towards the center of the bag – near your center of gravity.

05



POSITIONING IS KEY

When carrying items, be sure to have the pack fit snugly against your body to reduce unwanted swaying, shifting of your items, or friction to your skin.

