Live Safe! Work Smart!

Name: _____

The maximum weight I can carry is: _____

Backpack safety tips for parents

- ❖ Weigh your child's backpack periodically. It should weigh no more than 10% of their body weight.
- ❖ Have your child use both the shoulder straps and the waist belt, if their backpack has one.
- ❖ Make sure the pack hangs no more than four inches below their waistline.

Is your home computer setup child-friendly?

Desk and chair

- ❖ Choose a desk or chair where the height can be adjusted to suit your child's height.
- ❖ Use a booster seat or have children sit on pillows to raise them in the chair.
- ❖ Their back should be against the back of the chair. A pillow or back support may help.

Posture perfect!

- ❖ Encourage children to "sit square in the chair" rather than in a twisted position or sitting with their feet tucked under them.
- ❖ Feet should touch the floor. Use a footrest, stool, box or phone books under their feet to provide a flat surface to rest on.
- ❖ Make sure their heads are straight and not looking up or down at the screen. You can raise or lower the screen.
- ❖ Wrists should be resting on the desk and not bent.
- ❖ Children should be sitting at least an arm's length away from the screen.
- ❖ The angle formed by their shoulder, elbow and wrist should be 90 degrees.
- ❖ The screen should be eye level and the top of the screen level with the child's forehead.

Shake breaks

❖ At least once every 30 minutes, children should stand up, shake their arms and legs and stretch.

❖ Encourage them to blink rapidly if their eyes get dry and sore.

❖ Eye breaks – looking away from the screen at something in the distance every 15 minutes – will help keep eyes relaxed.

Warning signs of immediate problems of prolonged computer sessions:

❖ sore or "tingly" wrists

❖ eye strain

❖ headache

❖ back, leg, or shoulder pain

Shed some light on the situation

❖ Always have lights on in the room when using the computer to avoid contrast between the light from the screen and the area around it.

❖ Use an adjustable desk light to position the light where it's needed.

❖ Position the screen to avoid glare, reflections and bright spots.

For more information…

Ministry of Health and Long-Term Care website

Canada Safety Council