

# Pack it Light, Wear it Right - OCA public education material order form

These resources are available free of charge for schools, parents, community or health groups/departments. To order please complete this order form and fax or mail to:

**Ontario Chiropractic Association**, 200 - 20 Victoria St., Toronto ON M5C 2N8  
416-860-0070, toll-free 1-877-327-2273, **fax 416-860-0857**, email [oca@chiropractic.on.ca](mailto:oca@chiropractic.on.ca)

You may also download backpack safety materials from our website. To view or download any of the material listed below visit the OCA website at [www.chiropractic.on.ca](http://www.chiropractic.on.ca). **Questions about the program?** Contact Krystyn Firka at 416-860-0070 or 1-877-327-2273 ext. 7182 or email [kfirka@chiropractic.on.ca](mailto:kfirka@chiropractic.on.ca).



## Pack it Light, Wear it Right material

<u>Backpack Safety Awareness Materials</u>	<u>Package contents</u>	<u># of packages?</u>
<b>Teacher's Guide:</b> Black and white activity based teaching resource for educators. Designed to be used with the Student's Workbook. <b>(Max. of 10)</b>	1 booklet	_____
<b>Student's Workbook:</b> Activity based learning resource for students. Designed to be used with the Teacher's Guide. <b>(Max. of 10)</b>	1 booklet	_____
<b>Teacher's classroom sheet:</b> Double-sided, black and white sheet with specific backpack tips. Also includes the weights of common items. Ideal for class work/project.	50 sheets	_____
<b>Tri-fold Pamphlet:</b> Great for parents.	50 pamphlets	_____
<b>Activity Sheet (Colouring Sheet/Word Search):</b> Double-sided, black and white a colouring page and word search. Suitable for children aged 4 to 12.	50 sheets	_____
<b>Activity Sheet (Lighten Your Load):</b> Double-sided, black and white sheet includes tips and a personal backpack load assessment table. Suitable for children aged eight and older.	50 sheets	_____
<b>Student's Information Sheet:</b> Double-sided, colour sheet with weights of common items, suggested maximum load table, and diagrams of do's and don'ts. Suitable for all ages.	50 sheets	_____
<b>Poster:</b> Pack it Light. Wear it Right. Full colour, 18" x 24"	1 poster	_____
<b>Video:</b> This kid-friendly eight-minute video presents the do's and don'ts of backpack safety. Great for health class and suitable for all ages.	1 VHS tape	_____
<b>Background Information:</b> Suitable for media, educators, or for use by clinics. <b>(Max. of 10)</b>	1 document	_____

Name: \_\_\_\_\_ Title: \_\_\_\_\_

School: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Speaker service: The OCA offers a complimentary speaker service. We can arrange for a local chiropractor, to speak to students, parents, and/or teachers at your school. To facilitate this service, please provide the following information:**

Date required: \_\_\_\_\_ Time Required: \_\_\_\_\_ Size of group: \_\_\_\_\_

Ages/grade(s): \_\_\_\_\_ Purpose/topic : \_\_\_\_\_