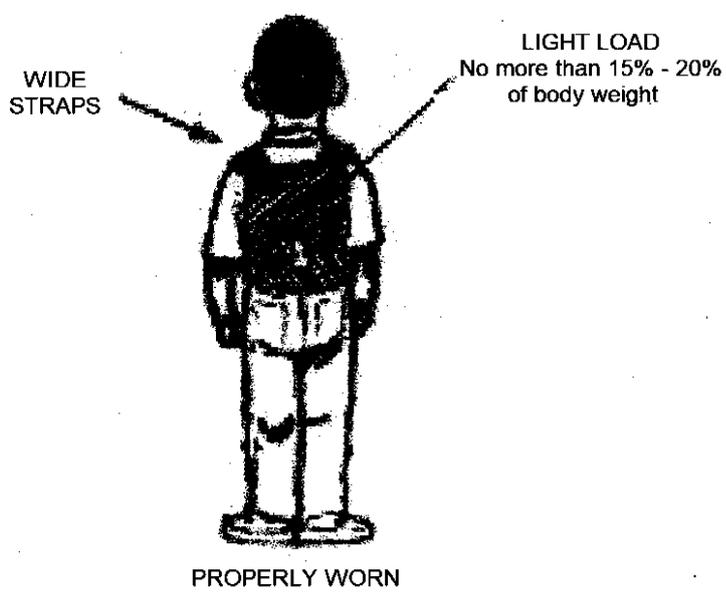
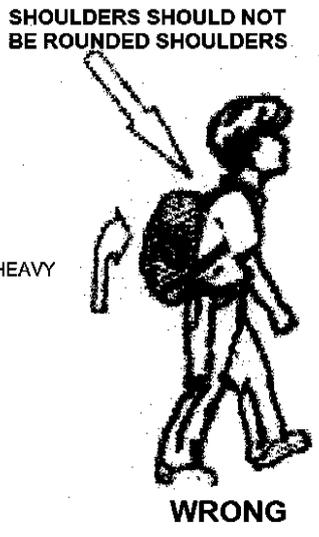


If a backpack is properly worn, it is supported by the body's strongest muscles. These muscles stabilize the body and keep it in good alignment. They are stronger and have better endurance than the muscles in the arms.

If the backpack is improperly worn however, it can cause chronic pain and bad posture in students, especially those who are still growing.



good rule to follow is keep the weight at 15 to 20 percent of less



### Wear Both Straps

Wear a backpack on one shoulder can cause a person to lean on one side in order to handle the uneven weight. Over time, this can cause excessive stress on upper and lower back, neck, shoulders and may cause functional scoliosis.

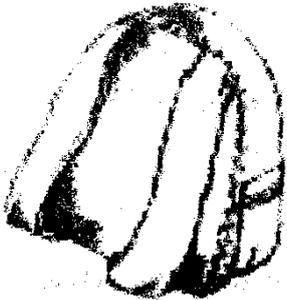
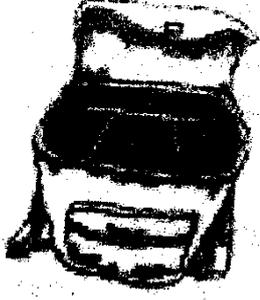
### Proper Weight

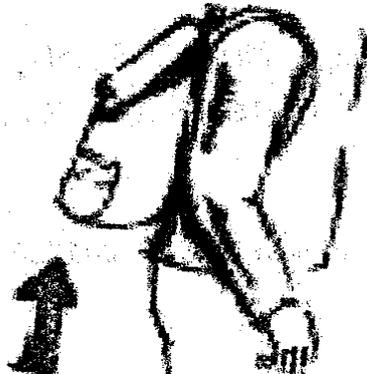
Students seem to be carrying heavier loads. Books, after school clothing, and laptops are heavy contents. Even when worn properly with both straps, leaning forward to compensate for the weight can affect the natural curve of the spine.

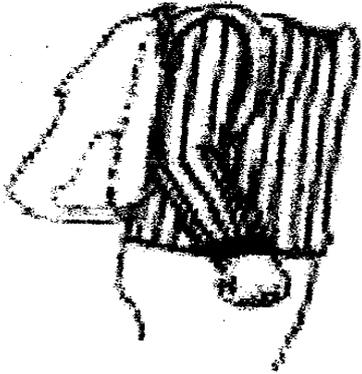
### Backpack Style or Type

Make sure the backpack has wide straps. Narrow straps can be painful on the shoulders and press on nerves and blood vessels. Backpacks with waist belts are preferred. This helps to distribute the weight of the backpack more evenly. Backpacks with only one strap are not recommended. The weight of the backpack when empty is also to be considered.

## 10 TIPS FOR BACKPACK SAFETY

			
<p>1. Choose a backpack that has wide, padded shoulder straps.</p>	<p>2. Choose a backpack with lots of internal compartments.</p>	<p>3. Bigger is not equal to better.</p>	<p>4. Choose a backpack with a waist belt if possible.</p>

		
<p>5. Encourage your child to wear both shoulder straps.</p>	<p>6. Don't let your child's backpack hang low as general rule, a backpack should not hang more than 4 inches below the waistline.</p>	<p>7. Avoid overpacking! A backpack should be no more than 5-10% of your child's body weight.</p>

		
<p>8. Pack the heaviest, flat test items in the area that touches your child's back.</p>	<p>9. Talk to your child's teacher about leaving heavy books at school.</p>	<p>10. Encourage your child to use their locker between classes to only carry textbooks needed for that class.</p>