



quick TIPS

FOR A BETTER BACK.

1. Your backpack should never weigh more than 10-15% of your body weight.
2. Select a backpack with wide, well padded shoulder straps and adjust to fit snugly.
3. Wear straps over both shoulders.
4. Wear the waist belt if the backpack has one.
5. The bottom should rest in the curve of your lower back.
6. Choose the right size pack.
7. Load heaviest items closest to your back.
8. Clean backpack out often!



WHAT'S ALL THE FLAP ABOUT?

The average student carries a backpack weighing almost one fourth of his or her body weight. Three out of 10 students typically carry backpacks weighing up to one third of their body weight at least once a week.

More than 7,000 emergency room visits in 2001 were related to backpacks and book bags. Approximately half of those injuries occurred in children 5 to 14 years old.

In one study with American students, 6 out of 10 students ages 9 to 20 reported chronic back pain related to heavy backpacks. Among students who carried backpacks weighing 15% of their body weight or less, only 2 in 10 reported pain.

According to a Boston University study, discomfort and pain associated with backpack usage was self reported in approximately 85% of university students.

In a study on the effect of backpack education on student behavior and health, nearly 8 out of 10 middle-school students who changed how they loaded and wore their backpacks reported less pain and strain in their backs, necks, and shoulders.

For more information email The BPCC OTA Dept. at ota@bpcc.edu or visit, www.aota.org.

SOURCES

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