

Take the Test

Get an



in
backpack
safety



Presented By

“In Touch with Health”

Community Wellness Program

481-2247

Holmes Rehabilitation Center

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More Information

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Backpack Facts



40 million students in the U.S. carry backpacks.



Every year there are 10,000 backpack related emergency room visits in the U.S.



If a child's backpack is too heavy the child will be forced to lean forward to compensate. This position causes undue stress on the spinal and intravertebral discs.



The majority of parents (63%) are unsure of the weight of their child's backpack.



The average 5th grader carries more than 15% of their body weight in their backpack, which is more weight than the legal limit allows adults to carry.

Guidelines for choosing and using backpacks



Select a backpack that is appropriate to the child's size; get the backpack to fit the child, not to fit the child's books.



Be sure that shoulder straps are well padded and that the child is wearing both straps.



Children should not carry more than 15% of their own body weight.



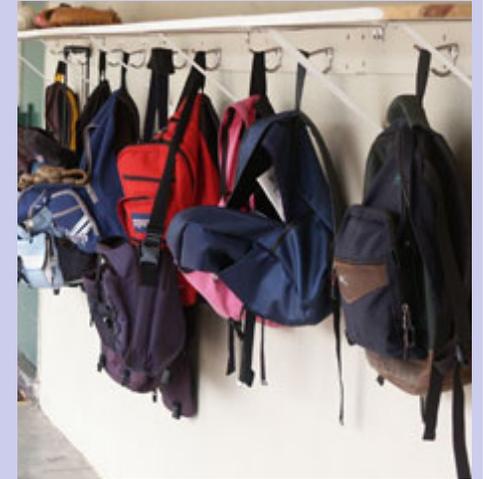
When loading the backpack, be sure to load the heaviest items closest to the child's back.



Make sure the backpack is adjustable and that the bottom of backpack rests in the curve of child's lower back.



Make sure the backpack fits snugly to the child's back.



Information courtesy of American Occupational Therapy Association