

Backpack Basics

A backpack safety lesson

Maybe you've made this famous statement to your kids, "A little homework won't hurt you!" That's true, but the amount of books and gear toted by students today sure might! Lugging an overloaded, lopsided backpack can cause neck, shoulder and back pain, even posture problems that could nag children and teenagers now and later in life.

Teach your kids to use backpacks safely by following these tips:

Choose wisely.

Select a **LIGHTWEIGHT** backpack with **TWO** wide, padded, adjustable shoulder straps and a padded back. In addition, look for backpacks that have several compartments to help distribute the load.

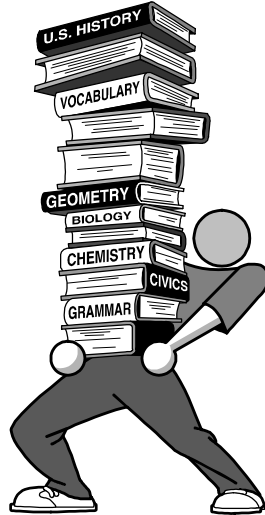
Check the fit.

Be sure your child's back pack is the correct size. It should be no wider or longer than your

child's torso. The torso extends from the base of the neck down to the top of the hips.

Pack it up.

Never overload a backpack. Kids should carry no more weight in their backpacks than what they can carry comfortably in their arms for a few minutes. The maximum weight of a loaded backpack should be no more than 10% to 15% of your child's body weight. Only pack **ESSENTIALS**. Use **ALL** of those compartments to distribute the weight and pack heavier items closest to the center of the back. Stow anything that could poke through the pack, such as scissors,



in a protective container. Be sure to include emergency contact information inside.

Putting on the pack.

Face the backpack and bend at the knees. Use both hands and test the weight of the pack before attempting to lift it. When you lift, lift with your legs. Slip into one shoulder strap, then the other. **NEVER** carry a backpack on one shoulder. The backpack

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Place your business card here before duplicating.

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should be centered in the middle of the child's back. The straps should be snug, but not excessively tight. Your child should be able to walk normally with the backpack on – erect, with shoulders down and back. If the pack forces them to lean forward, it's overloaded.

Ask for Backpack Relief

Talk to school officials and teachers about lightening the load. If possible, students should be allowed to visit their lockers several times a day to drop off and pick up books. Heavier textbooks might be left at school and only lightweight workbooks and handouts taken home. Team up with other concerned parents to encourage changes at the school or consider purchasing a second set of textbooks for your child to use at home.

Talk, talk, talk.

Talk to your child about the proper use of backpacks to help them understand the importance of taking care of their health. Lessons learned about taking care of themselves now will serve them well during their entire life. Urge your kids to let you know about any pain or discomfort caused by wearing their backpacks.

Chiropractic to the rescue.

Don't ignore any complaints of pain from your children. Ask your doctor of chiropractic for advice on assessing any adverse affects of your child's backpack use. He/she may recommend back-strengthening exercises, instruction in improving posture, or better sleeping and eating habits. Doctors of chiropractic are licensed and extensively trained to diagnose and treat people of all ages, using a gentler type of treatment for children. ■

Backpack Facts

to know & share

- ☑ The U.S. Consumer Product Safety Commission reported backpack-related injuries send almost 6,000 students each year to emergency rooms. *(May 2002)*
- ☑ Waist belts may cause excessive force across a growing pelvis leading to possible pelvic abnormalities. *(Congress of Chiropractic State Associations and Professor Mary Hickey of Northeastern University 2002)*
- ☑ There is legislation in process in California and New Jersey to require school boards to manage school pack weight. *(May 2002)*
- ☑ 55% of students carry more weight than the recommended guidelines of 10% to 15% of body weight. *(Simmons University, April 2002)*
- ☑ Roller backpacks may result in forward head and thoracic deviations just as severe as children carrying excessively heavy backpacks. Though the load of the backpack is no longer on the skeletal structure, dragging the backpack may result in rotary forces on the spine through the involved arm. *(Physical Therapy Products March 2002)*
- ☑ 66% of school nurses reported seeing students with pain or injury attributed to carrying backpacks. *(AirPacks 2002)*
- ☑ National Public Radio (NPR) reported that 65% of adolescents' visits to doctors are for backpack-related injuries. *(October 1998)*
- ☑ Up to 60% of children will experience back pain by the time they reach 18. *(University of Michigan)*
- ☑ The American Academy of Orthopedics stated that backpack injury is a significant problem for children. 58% have seen patients complaining of back or shoulder pain related to backpacks. 65% have recommended that a patient modify the use of a backpack to improve or correct a back problem. *(October 1999)*