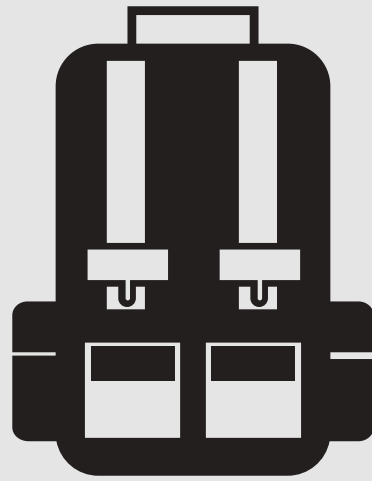


3 SIMPLE STEPS FOR BACKPACK SAFETY

Every new school year puts a load on our kids. Backpacks have been linked to back pain in children. Knowing the proper backpack wear and weight will help keep our kids pain free.

1 STYLE

Double strap backpacks evenly distribute back pack load and prevent injury. **Roller bags** remove all weight!



2 WEIGHT

Always limit backpack weight to no more than **10-15%** of total body weight. Distribute **heavier objects to the bottom** of backpack.



3 ADJUST

The top of the backpack should sit **1 inch below the neck** and the bottom should sit **just above the waistline**.

THE WHY



97% of school aged children use backpacks



Back pain has a **20%** prevalence by adolescents.



The average backpack weight is **10 lbs**

Aaron Gelinne - Wendy Culligan - Danielle Loiselle
University of Vermont, Larner College of Medicine

References:

Skaggs, D.L., et al., Back pain and backpacks in school children. J Pediatr Orthop, 2006. 26(3): p. 358-63.