

GET THEIR SPINES READY FOR SCHOOL

DID YOU KNOW?

Approximately 55 percent of students carry a backpack heavier than the recommended guidelines of 10-15 percent of the student's total body weight.

POSTURE IS KEY

Whether you are packing for another day at school, traveling to work or going on the road to adventure, make sure your bag is equipped to handle the load and is packed in a way that does not damage your body. Anyone with back or neck pain knows how restrictive it can be in their daily lives, so do your body a favor and think twice before trying to carry the weight of the world on your shoulders.

GET STARTED RIGHT AWAY

Pay attention to their posture and keep an attentive eye on all of the items that are loaded into their backpack each day.

Lighten the load on your body with Safety tips

Considering the practicality and convenience offered through our most fundamental piece of gear, many of us often overlook the adverse effects a backpack poses on our health, if worn or packed improperly. Over time, incorrectly wearing and even packing your backpack can do serious harm to your health, specifically your neck and back muscles and your spine. As backpacks have become increasingly popular for hauling laptops, tablets and other heavier equipment, our bodies are left to suffer. The U.S. Consumer Product Safety Commission reported that backpack-related injuries sent more than 10,000 people to the emergency room in one year's time.

Younger adults, whose bodies are still developing, will need all the support they can get. Putting a lot of weight on the frame can cause the spine to compress unnaturally, which can lead to serious health complications down the road. Adults are not immune to strains of improperly carrying a backpack either.

By following these safety tips you'll help protect your body from the potential implications of improper backpack use

Live Life in Motion!

BACKPACK RECOMENDATIONS

*Choose a backpack with two wide padded straps and padded back for increased comfort. Narrow straps can dig into shoulders. Single straps put too much weight on one side of the body and can cause neck and shoulder strain.

*Use multiple compartments to spread the load out evenly. Put the heaviest items closest to the center of the back.

* If you carry an excessive load, organized so that you only take home the books you need or do not carry unnecessary items.

Reference Table According to weight

Child Weight	Backpack weight at 15 % of child's weight
30 Lbs	4.5 Lbs
50 Lbs	7.5 Lbs
120 Lbs	18 Lbs