

Backpack Awareness

FACTS ABOUT BACKPACKS

Backpacks are designed to carry all the books and supplies needed for a child's school day. They distribute the weight of the load among some of the body's strongest muscles. However, backpacks that are too heavy or carried incorrectly can injure muscles or joints and contribute to back pain and other problems.



THE WEIGHT OF YOUR BACKPACK

If the backpack weighs more than 15 percent of the carrier's weight, it's too heavy. To determine the proper maximum weight for a backpack, multiply the user's bodyweight by 0.15. For example, someone weighing 100 pounds shouldn't carry a backpack heavier than 15 pounds. If a heavier load is unavoidable, consider using a backpack with wheels.



CARRYING TOO MUCH WEIGHT OR WEARING A BACKPACK THE WRONG WAY CAN LEAD TO...

- Painful Shoulders
- Aching Back
- Muscle Fatigue
- Poor Posture
- Tripping Injuries
- Neck Pain
- Tingling Arms

WHAT TO LOOK FOR

- Padded back
- Compartments
- Reflectors
- Waist or chest strap
- Side compression straps
- Two wide, padded shoulder straps

FOR MORE INFORMATION, VISIT:
shrinerschildrens.org



Shriners
Children's™

the most
AMAZING
CARE
anywhere™

BACKPACK TIPS

The backpack should be:

- Lightweight
- No wider than your chest
- No higher than the base of your neck
- No lower than 2 to 4 inches below your waist
- Further supported by the waist belt or chest strap - if it has one



BACKPACK STAGES OF USE

1 LOAD IT

- Keep it light - pack only what you need for the day.
- Place the heaviest objects closest to your back near the bottom of the pack.
- Use compartments to distribute the weight and keep things from sliding around.
- Hand carry a heavy book if your backpack weighs too much.
- Clean it out daily.

2 LIFT IT

- Face the backpack.
- Bend your knees, hold the backpack with both hands and straighten your knees to lift it to waist height.
- Apply one shoulder strap at a time and always use both straps.

3 LUG IT

- If your backpack forces you to lean forward to carry it, it's overloaded!
- Bend both knees when you bend.
- Snugly adjust your backpack between your neck and the curve of your lower back by tightening the shoulder straps.
- The closer the backpack is to your body, the less strain it will cause!



Shriners Children's is a leader in providing care for orthopedic conditions, burn injuries, spinal cord injuries and other spine disorders, rehabilitation, sports injuries and craniofacial conditions. We also offer specialized services, including orthotics and prosthetics and motion analysis. All care and services are provided regardless of the families' ability to pay or insurance status.



To make an appointment scan our QR code or for more information, visit shrinerschildrens.org.