

Backpack Safety

Ways to Prevent Backpack Injury and Some Tips for Safe Backpack Wearing:

Wear a backpack properly:

Limit the backpack's weight to no more than 10 or 15% of your child's weight. You can tell if your child's bag is too heavy if he or she has to lean forward to support the weight on his or her back rather than on the shoulders, by the straps

If a backpack is too heavy, take the time to go through the bag with your child and decide together what non-school-related items are really necessary to carry.

Purchase a backpack that is appropriate for your child's age and size. Many manufacturers offer special child-sized versions that weigh less and sit at the appropriate place in your back.

Distribute the weight properly. Put the heavier items on the bottom and against the back to keep the weight off of your shoulders and maintain a better posture. Adjust contents in the bag so that the surface resting against your child's back is as flat as possible.

Wear both shoulder straps unless your pack is designed for use on one shoulder. Carrying a heavy backpack using one strap can shift the weight to one side, which can lead to neck and muscles spasms, low back pain, walking improperly and may even misalign the spine.

Choose a backpack with thickly padded shoulder straps. Non-padded straps dig into the shoulders causing pain. In addition to cutting down on how much the backpack digs into your child's shoulders, a wider strap will better distribute the bag's weight across the shoulders.

The shoulder straps should be adjustable, so the backpack rests comfortably approximately two inches above the waist. A bag too high or low on the back can pull awkwardly on the shoulders.

Choose a backpack with a lumbar support that is ergonomic. The lumbar cushion will redistribute weight to the lower extremities, creating a fulcrum that facilitates an upright standing position and good posture that is essential for proper spinal health. Shift the weight off the shoulders, neck and upper back to the lower back. This will prevent injury and is more comfortable. Airpacks are a brand of back pack that is ergonomically designed to address these concerns.

Educate your children about the dangers of lugging too much weight. Most kids are unaware of both the short- and long-term dangers of back strains.

DOES YOUR CHILD HAVE EVERYTHING WE NEED TO MAKE THIS A SAFE, HEALTHY SCHOOL YEAR?

**We need to work together to keep our students with asthma
and allergies safe at school.....**

- **Please complete the Asthma and Allergy History/Health Forms and return.**
- **Please notify the schools nurse if your child's medication changes during the school year.**
- **If you visit the doctor for upper respiratory infection, asthma or allergy complications please keep us up to date.**
- **Bring an Asthma or Allergy Action Plan to school if your child's physician has provided one.**
- **If you do not have an Asthma or Allergy Action Plan ask your physician if your child needs one.**

**For any questions or concerns please call the
(school nurse) Shelly Officer, R.N. BSN at
567-2527.**

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