

## Backpack Safety

An increasing number of children are reporting back and neck pain due to increased weight of books and school supplies.

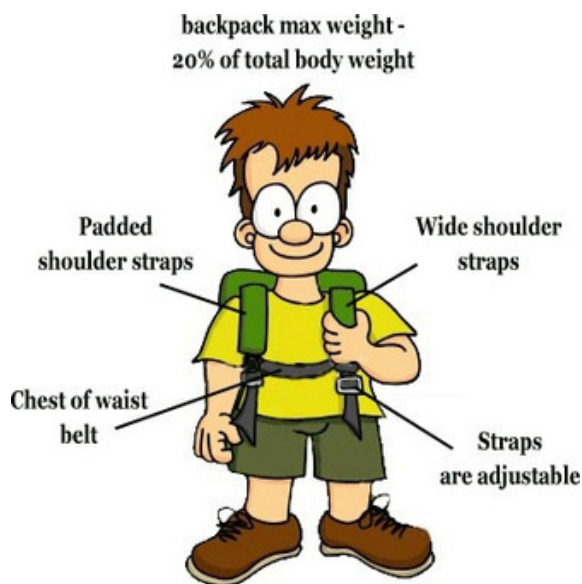
Carrying a backpack that is too heavy, or carrying it incorrectly, can cause back and neck pain and/or muscle spasms.

### Signs the Child's Backpack is Too Heavy

- It is a struggle to get the pack on and off
- It causes bad neck or back posture with head tilted forward or a forward bend at the hips
- The child reports pain, tingling or numbness as a result of carrying the backpack



### Correct Way to Wear a Backpack



Back pack is not wider than child's shoulders and not taller than child's shoulders when sitting

### How Heavy Should a Backpack Be?

Child's Weight	Backpack Weight (20%)
50-70 lbs	10-14 lbs
71-90 lbs	14-18 lbs
91-110 lbs	18-22 lbs
110-130 lbs	22-26 lbs
131-150 lbs	26-30 lbs

- Encourage weekly backpack clean out
- Teach organization strategies
- Remember—less items— less weight!

Questions?

Consult with your building OT or PT for more tips and suggestions.