

**FRANKLIN COUNTY SCHOOLS**



# **BACKPACK INFORMATION**



**FOR PARENTS AND STUDENTS**

**ACCORDING TO THE STATE OF ALABAMA LEGISLATIVE ACT SJR8  
#2017-17, ALL SCHOOL  
ADMINISTRATORS, TEACHERS, PARENTS, AND STUDENTS SHOULD  
BE EDUCATED ABOUT THE  
POTENTIAL HEALTH IMPACT OF HEAVY BACKPACKS AND TAKE  
PROACTIVE MEASURES TO AVOID INJURY.**

## **IMPORTANT POINTS TO REMEMBER REGARDING BACKPACK EDUCATION:**

- 1. BACKPACKS SHOULD WEIGH NO MORE THAN A MAXIMUM OF 10 PERCENT OF A CHILD'S BODY WEIGHT.**
- 2. ERGONOMIC BACKPACKS WITH INDIVIDUALIZED COMPARTMENTS TO EFFICIENTLY HOLD BOOKS AND EQUIPMENT SHOULD BE ENCOURAGED.**
- 3. CHILDREN SHOULD BE ENCOURAGED TO WEAR BOTH SHOULDER STRAPS AND NOT SLING THE BACKPACK OVER ONE SHOULDER.**
- 4. BACKPACKS SHOULD HAVE WIDE, PADDED ADJUSTABLE STRAPS THAT FIT THE CHILD'S BODY.**

