

## Walker County Board of Education Backpack Strategies

Carrying too much weight in a backpack or wearing it the wrong way can lead to back pain and strain. Please consider the following backpack suggestions:

- Backpacks should weigh no more than a maximum of 10% of a child's body weight.
- Ergonomic backpacks with individualized compartments to efficiently hold books and supplies is encouraged
- Children should wear both shoulder straps and not sling the backpack over one shoulder.
- Wide, padded adjustable straps that fit a child's body is encouraged.
- See your physician for an exam if you are experiencing back pain / symptoms.

For more information view applicable law documents at [ALSDE Health Laws & Policies](#).

