

Did you know...6 out of 10 students reported chronic back pain related to heavy backpacks?

Is Your Pack Right for Your Back?



Tips for proper book-bag choice and wear

WIDE STRAPS

Evenly distribute the load by wearing both straps. Messenger-style bags can unevenly stress your spine, so be sure to alternate sides or avoid messenger bags altogether.

A PADDED BACK

Look for bags with padding, which will reduce pressure on your back during wear.

HIP AND CHEST BELTS

Transfer weight off the back by fastening hip and chest belts snugly.



LIGHT LOAD

Do not attempt to carry any more than 15% of body weight. For a 150lb person, this is only 22-23lbs.

MULTIPLE COMPARTMENTS

Help distribute the weight by packing the heaviest objects close to your body and dispersing other items throughout the pack.

PROPER WEAR

Keep the bag as close to your body as possible, with the bottom resting in your lower back curve. Never let the bag hang more than 4" below your waist.

8 out of 10 students reported less pain in their backs, necks, and shoulders when they changed how they loaded and wore their backpacks?

The average student carries a pack weighing 1/4 of his or her body weight, with 3 out of 10 carrying over 1/3 of their body weight?

