



Heavy Backpacks are Dangerous

1 Every day students come home from school with loaded backpacks. Their backpacks are too heavy for their backs. Students should not have to carry a backpack weighing half their weight. Students are given homework from every class, each requiring a textbook. They even pack a lunch box and sometimes a small jacket in their backpacks. All of this adds to the weight. At least 14,000 students are treated for backpack injuries every year!

2 Backpacks that are heavy put a strain on students' necks and upper backs. Carrying a heavy backpack causes the student to have to lean forward. The forward posture of the student can cause pain in the neck. It also causes problems with the development of correct posture.

3 A heavy backpack causes lower back and hip problems. The back has so much strain put on it that it causes lower back pain and aches. The muscles in the back are strained which causes them to feel tightened and sore. At an early age, students often need to see a massage therapist to ease their lower back aches. Students' hips are affected by carrying too much weight in their backpacks. Being pulled forward because of the backpack's weight causes strain on the hips. Unwanted pressure on the hips can become an issue. The pressure on the hips can cause walking problems in younger students. Hip problems can also arise when students are older. Carrying heavy backpacks is unsafe for the physical health of all students.

"Heavy Backpacks are Dangerous" written for educational purposes.



Safety with a Heavy Backpack

4 Students carrying a heavy backpack to school can cause back problems. It is very important to know how to wear a heavy backpack correctly. Wearing a heavy backpack correctly will help to decrease medical concerns.

5 When selecting a backpack, you have to be able to choose one that is right for you. Choose a backpack that is most fit for your body size. You should make sure your backpack has padded shoulder straps and a back. The backpack should be able to fit correctly around your body. It can fit around your body by having supportive chest and hip straps.

6 While wearing your heavy backpack, use the adjustable straps to support your materials inside. Materials should be placed in your backpack based on weight. The weight should be distributed evenly. Load the heaviest items closest to your back. Materials inside the backpack should be balanced. Once everything is balanced, you can adjust your shoulder straps. The shoulder straps should be at a comfortable fit to hold the weight.

7 A particular type of backpack to avoid is leather. Leather backpacks are fashionable but will add extra weight to your load. It is important for you to choose a nylon backpack. A nylon backpack is made from a lightweight material which makes it great for backpacks and all the heavy school books.

8 If your backpack is still too heavy, you could always get a backpack on wheels.



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