

**ST. CATHERINE OF SIENA SCHOOL**

**BACKPACK  
SURVIVAL  
GUIDE**

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PRESS GAZETTE  
JOHLLER



I'D HATE TO  
BE GOING BACK  
TO SCHOOL  
THESE DAYS...  
LOOK AT THE  
SIZE OF THOSE  
BACKPACKS!

# ***WHY ARE WE HERE?***

**BY THE END OF THEIR TEEN YEARS, CLOSE TO 60% OF YOUTHS EXPERIENCE AT LEAST ONE LOW BACK PAIN EPISODE. NEW RESEARCH INDICATES THAT THIS IS DUE , AT LEAST IN PART, TO IMPROPER USE OF BACKPACKS ON YOUR SPINES.**

# ***WHAT YOU WILL LEARN:***

- **WHAT MY BACKPACK SHOULD HAVE**
- **HOW TO CARRY**
- **HOW TO LOAD**
- **INJURY PREVENTION**

## ***YOUR BACKPACK SHOULD HAVE:***

- CUSHIONED SHOULDER STRAPS
- CHEST AND WAIST STRAPS
- MULTIPLE COMPARTMENTS
- LIGHTWEIGHT MATERIAL
- COMPRESSION STRAPS
- REFLECTIVE



# ***HOW TO CARRY...***

- **WEAR BOTH STRAPS**
- **TIGHT FIT – NO MORE THAN AN ARM'S WIDTH BETWEEN THE PACK AND THE STUDENT'S BACK.**
- **PICK UP BACKPACK WITH YOUR LEGS, NOT YOUR WAIST**

# ***HOW TO LOAD...***

- **HEAVIEST ITEMS ON BOTTOM,  
CLOSEST TO YOUR BACK**
- **USE MULTIPLE  
COMPARTMENTS**

# ***HOW MUCH WEIGHT??***

**STUDENTS IN GRADES 3-8 SHOULD NOT CARRY MORE THAN 10-15% OF THEIR TOTAL BODY WEIGHT**

**50 LBS - 5 LBS.**

**70 LBS. - 7 LBS**

**90 LBS. - 14 LBS.**

**110 LBS - 16 LBS.**

**130 LBS. - 19 LBS.**

# ***WEIGHT OF COMMON ITEMS***

- 6 TEXT BOOKS – 6-10 LBS.
- WATER BOTTLE - .5 LBS.
- LUNCH/SNACKS – 2 LBS
- BINDER 2-3 LBS.
- PENCIL CASE 1-2 LBS

# ***TOO MUCH WEIGHT?***

- **LIGHTEN THE LOAD**
- **GET RID OF EXTRAS**
- **PLAN AHEAD**
- **TALK TO TEACHERS**

# ***CONCLUSION***

- **GET THE RIGHT BACKPACK**
- **LOAD IT CORRECTLY**
- **CARRY IT THE RIGHT WAY**
- **PLAN AHEAD**