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Macon County Schools

Backpack Safety Act 2017-19



Parents, Guardians, Teachers and Administrators

Please review these backpack safety tips

We would like for you to be educated about the potential health impact of heavy backpacks and take protective measures to avoid injury.

Overloaded school backpacks are causing an increasing problem of back pain and spinal strains from student the across the nation. Ligaments and muscles are not fully developed until age 16, overweight backpacks are a source of repeated low grade stress that may result in chronic neck, shoulder, or back pain in children.

The Macon County School district has begun using I pad (EBooks) and other means of educational materials, not only to stay up to date with technology but to prevent the need to carry heavy backpack back and forth to school each day.

- Backpacks should weigh no more than a maximum of 10% of a child's body weight.
 - Encourage ergonomic backpacks with individualized compartments to efficiently hold books and equipment.
 - Encourage students to use both straps and not sling the backpack over one shoulder.
 - Encourage wide padded adjustable straps that fit the child's body.
- As stated earlier, we all need to be educated about the potential health impact of heavy backpacks and to take proactive measures to avoid injury.