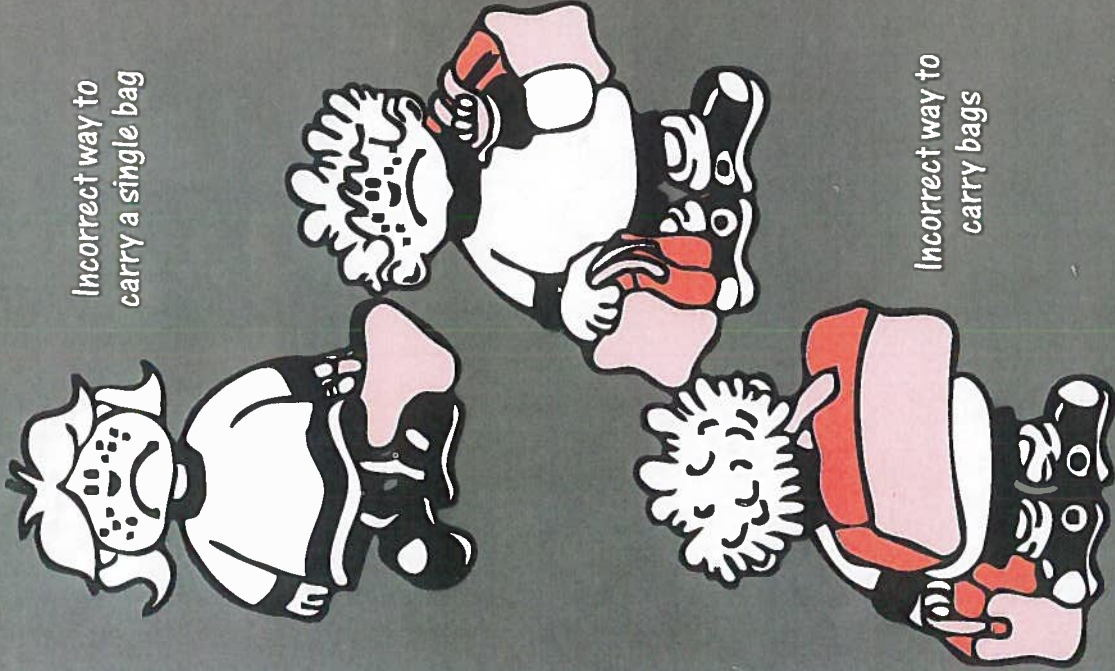


Incorrect X Carrying

Incorrect way to
carry a single bag



Incorrect way to
carry bags

Loading Up

It's worth checking what your children have in their bags. Do they have to carry all their books and equipment to and from school every day? Encourage your children to leave books not needed for homework behind in school, where possible (with the permission of the teacher).

If your children cycle to school, encourage them to place their schoolbags on the back carrier of the bike.

Buying a Schoolbag

A well fitting **Backpack/Rucksack** with **hip straps** is ideally suited for carrying the heaviest load.

For further information please contact:
Department of Public Health,
Midland Health Board,
Central Office,
Arden Road,
Tullamore.
Tel: (0506) 46105

or your local Physiotherapy Department at:

General Hospital Tullamore 0506-46230
General Hospital Portlaoise 0502-21364
General Hospital Mullingar 044-40221
District Hospital Abbeyleix 0502-31204
Community Nursing Unit Birr 0509-20819
Edenderry Business Park 0405-32520
District Hospital Athlone 0902-75301
District Hospital Mountmellick 0502-24211

Artwork and original concept kindly supplied by the
North Western Health Board

Medical Director - Kilbenny, 056-21720

School Bags



Small Backs Need Minding

TELEPHONE: (0506) 46105

The Midland
Health Board



Produced by the Health Promotion Service
(Dept. of Public Health) and the Physiotherapy
service of the Midland Health Board.

Why a Leaflet on School Bags?

Nowadays parents are concerned that their children may experience back pain from carrying heavy schoolbags.

How do your children carry their bags?

Most children carry their bags incorrectly. The "Cool Way" appears to be throwing the bag over one shoulder only, instead of using both straps over both shoulders. Children rarely "travel light". Musical instruments and P.E. gear all add to the load.

Carrying a heavy load incorrectly adds extra strain to the back and may result in back pain in later life. The aim when carrying a heavy bag is to achieve

balance across the shoulders and hips. This means that the child's posture is distorted as little as possible and the load is distributed equally.



Correct carrying



Correct distribution of weight and bags



Correct way to carry a satchel



Correct way to carry a single bag

- A well fitting backpack/rucksack with hip straps is ideally suited for carrying the heaviest load.
- Rucksacks and backpacks should be worn over both shoulders with hip straps closed across the waist.
- Rather than carry one very heavy bag with one hand, children should carry two smaller loads – one in each hand.