

# **Pointers For Parents**

## **Backpack Safety**

(NAPS)—On any given day, hikers, working adults—and about 40 million teens—carry backpacks. But load them up too heavily or wear ones that don't fit properly, doctors warn, and you could be risking injury.

“Backpacks weighing over 15 pounds that are slung over a shoulder produce an imbalance in the rib cage,” explains Dr. Gerard



**Watch Your Back—Backpacks that are worn improperly or that are too heavy could cause injury.**

W. Clum, D.C., of the Foundation for Chiropractic Progress. “This type of repetitive strain can also initiate arm and hand numbness, headaches or backaches.”

Clum's group offers these tips:

- Avoid carrying more than 10 to 15 percent of your body weight.
- Distribute weight evenly.
- Wear both shoulder straps unless it's a one-shoulder pack.
- Select packs with heavily padded shoulder straps and lumbar support.
- Bend your knees when lifting a heavy pack.
- Carry only what's needed.

For more information, visit [www.f4cp.com](http://www.f4cp.com) or call (866) 901-3427.

### **Did You Know?**

The Foundation for Chiropractic Progress says it's important to follow backpack safety. The group says not to carry a pack that's more than 10 to 15 percent of your body weight and to be sure your pack fits properly. Visit [www.f4cp.com](http://www.f4cp.com) or call (866) 901-3427.