



## Backpack Safety Facts

- The U.S. Consumer Product Safety Commission reported backpack-related injuries send almost 6,000 students each year to emergency rooms. *(May, 2002)*
- Waist belts may cause forced excessive distribution across a growing pelvis leading to possible pelvic abnormalities. *(Congress of Chiropractic State Associations and Professor Mary Hickey Northeastern University, 2002)*
- There is legislation in process in Illinois, and legislation that has passed in California and New Jersey to require school boards to manage school pack weight. *(May, 2002)*
- The Wall Street Journal recognized that backpack injury was a great concern and that COCSA had established National Backpack Safety month to promote backpack safety and spinal health. *(April, 2002)*
- Roller backpacks may result in forward head and thoracic deviations just as severe as children carrying excessively heavy backpacks. Though the load of the backpack is no longer on the skeletal structure, dragging the backpack may result in rotary forces on the spine through the involved arm. *(Physical Therapy Products, March, 2002)*
- 55% of students carry more than the recommended guidelines of 10-15% of their body weight. *(Simmons University April, 2001)*
- 66% of school nurses reported seeing students with pain or injury attributed to carrying backpacks. *(AirPacks, 2000)*
- Over 50% of parents have expressed concern about backpack injuries to their children. *(AirPacks, 2000)*
- Up to 60% of children will experience back pain by the time they reach 18. *(University of Michigan)*
- The American Academy of Orthopedics stated that backpack injury is a significant problem for children. *(October 1999)*
  - 58% have seen patients complaining of back or shoulder pain related to backpacks
  - 65% have recommended that a patient modify the use of a backpack to improve or correct a back problem.
- National Public Radio reported that 65% of adolescents' visits to doctors are for backpack related injuries. *(October, 1998)*

