Welcome!

Chances are, if you’re at the University of Chicago, you’ve worn a backpack at least once in your life. I’m betting more than once.

You’ve also probably carried a backpack so heavy you were sure you were going to fall over...
Did You Know?

• To avoid injury, it is highly advised that students not wear backpacks more than 15% of their weight. The majority do anyways.

• “More than 3,300 children, aged 5-14 years, were treated in emergency rooms for injuries related to backpacks in 1998.”*

• “58% of orthopedists polled in 1999 in Chicago and Wilmington, Delaware, reported treating children with back or shoulder pain attributable to carrying backpacks.”*

*Courtesy of www.backpacksafety.com
Ways to Avoid a Heavy Backpack

• Know what you will really need for the day!
  – Try to avoid heavy textbooks. If you need it but the library carries the book (and it’s not the day before a midterm), you can use it there.
  – You probably won’t need all of your previous assignments from this quarter for class, or any other one for that matter if you’re in a sequence. Bring just a notebook to write in—you can stuff a few “potentially necessary” papers in the cover.
  – We are such nerds that our libraries have lockers. They are much cheaper than Athletics’. Get one.
What to do w/ Heavy Bags

• Can’t avoid it? Make sure you:
  – Wear both straps. The weight is distributed unevenly if you have the bag on one shoulder. Aim for padded, easily-adjustable straps.
  – Position the bag such that it rests on the middle part of your back.
  – Don’t cut off circulation with tight straps.
  – Organize your backpack so that the heavier items are closest to you.
Other Forms of Backpack Safety!

• Don’t leave your backpack unattended in public areas, especially if it contains valuables.

• Be careful where you leave it—remember to keep other people safe, too!

• Keep your bag in good condition.
GOOD LUCK!