

**The risk of getting an injury from over-loaded school bags is a serious matter to our students.**

**Our aim is to help our students to choose and use their school bags properly preventing them from common injuries such as back and shoulders pain.**

**ADEK recommended that a child's school bag should not exceed 20% of their body weight to avoid adverse effects on their spine and body.**



# **Please help your students to:**

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- **Choose the right backpack**
- **Pack & Adjust the bag properly**
- **Lift carefully**
- **Keep the home work policy flexible**
- **Use of storage & Hanging Scale.**

## **The right backpack**

- a. Suitable size according to the body weight. Fig:1
- b. Ergonomic bags are a good choice.

### **Pack & Adjust the bag properly**

- a. The heaviest items should be to the back side of the bag so that the weight will be evenly balanced.
- b. The entire loaded backpack should rest between the shoulders and the waist, held in place by the waist strap.

### **Lift carefully**

- a. Ask your student to bend their knees when picking up the school backpack and lift it up by using their leg muscles. This prevents them from having any back injuries or pain.

## **Keep the home work policy flexible**

Revisit the homework policy to ensure it allows flexibility, such as giving handouts or workbooks that can be used for homework assignments.

## **Use of storage & Hanging Scale**


- a. Provide students with adequate storage in line with health and safety standards.  Fig:2
- b. Raise students awareness about school bags by using a hanging scale in the classrooms, allowing them to weigh their school bags to determine whether its too heavy or not.

Fig:1

Grade	Max BAGPACK(KG)
KG1	2.2
KG2	2.4
G1	2.6
G2	3.0
G3	3.4
G4	3.8
G5	4.1
G6	4.5
G7	5.0
G8	5.8
G9	6.5
G10	7.3

Source: Maximum school bags weight was calculated based on WHO Child Growth Chart

Fig:2

