

# SCHOOL BAGS

Part of the uniform requirements, a school backpack is to be purchased from the uniform shop.

Our supplier is Midford. Below are the details of the backpack we supply.

It is recommended that a student backpack do not weigh in excess of 10% of their body weight.

## ERGONOMIC DESIGN

Most backpacks are simply carrying cases with straps. They're not designed with health in mind. So Midford researched how each style of backpack is used and developed a range that is lightweight, firm and supportive. Straps are adjustable, padded or utilise compression to re-align the weight and stabilise the load.

**Our range is aimed to minimise back and neck pain and any strain associated to the spine.**

We understand that no child grows at a 'perfectly' steady rate. Which is why our shoulder straps can be adjusted as your child becomes taller. This allows the schoolbag to sit closer to the back. It also means the straps sit properly on the shoulders and snugly around the waist. It's the perfect fit year after year.

## BACK CARE TIPS

In an incorrectly packed bag the weight sits at the bottom of the bag, away from the body.

Straps can start to dig in and shoulders bear all the weight. Students lean forward to compensate for the load, leading to a strained posture.

In a correctly packed bag the top of the pack should sit no higher than shoulder height.

The lowest point of the bag should sit no lower than the hollow point of the back.

FEATURE	ADVANTAGE
Firm, supportive back with padding	Extra support and comfort
Adjustable and padded shoulder straps	Fits every shape and size
Adjustable waist strap / belt	Weight on hips / pelvis not shoulder / spine
Chest strap	Stabilises the load
Compression straps	Aligns the weight closer to the back
Multiple pockets	Distributes weight more evenly



  
CORRECT



  
INCORRECT

# CORRECT USE OF A BACKPACK



- When fitted correctly, the backpack should contour snugly to your back, rather than hang off your shoulders.
- Pack heaviest items closest to your spine – this will help with comfort and balancing the load.
- Use the backpack's compartments to pack items securely and minimise the load moving around during transit. This keeps the load balanced.
- Clean out your bag regularly so you are not carrying unnecessary items.
- Wear your pack over both shoulders.
- Loading a backpack on to your shoulders and unloading a backpack from the shoulders, should be done at bench height whenever possible to avoid twisting the spine.
- Warning signs that a backpack is too heavy include a change in your posture when wearing the pack, struggling when putting on or removing the pack, pain when wearing the pack, tingling or numbness in your arms and red marks on your shoulders.
- If your backpack is too heavy, do not attempt to carry it.

## LOCKDOWN ARRANGEMENTS

Lockdowns usually occur without much notice. If you find your backpack is too heavy to carry, please arrange:

- Someone to collect you from school.
- Contact College Reception to arrange to collect your items on another day: College Reception is attended during lockdown.

