



# The Weight and Carriage of Schoolbags

## 1. Reducing bag weight

- ◆ Avoid taking books to school that do not form part of your timetable. Check your timetable in the evening and make sure that you do not take any unnecessary copybooks or books to school.
- ◆ Do not leave spare copybooks in your schoolbag. These can be left in class or given to the class teacher or, alternatively, placed in lockers.
- ◆ If you use files instead of copybooks, take to school only those foolscaps which you need in a folder and then, when you return home, file your work according to the different subjects in order to avoid carrying heavy files to school.
- ◆ Do not take unnecessary items such as raincoats when the weather is fine, games and toys to school.
- ◆ Make good use of lockers, if these are available.
- ◆ Library books should be kept and read at home. They are to be brought back to the school library on the due date indicated on the books.





## 2. Carriage of schoolbags

- ◆ Carry bags about 5cm above the waist.
- ◆ Ensure that you carry your bag over both shoulders. This method of carriage requires less effort and encourages better posture rather than carrying the schoolbag over one shoulder or carrying it in one hand.
- ◆ For easier carriage, place the bag on a flat surface and with your back to the bag, put the arms through the straps. Otherwise, another person could help by holding the bag while you put your arms through the straps.
- ◆ Avoid swinging the schoolbag onto your back and try not to bend your back when lifting it since this can cause pain or injury to the spine.
- ◆ Ensure that your schoolbag fits correctly close to your back and do not let it hang off the shoulders.
- ◆ Place the heaviest items, such as tablets, closest to your back.
- ◆ Ensure that items in the backpack's compartments are held securely so that they do not move around.
- ◆ During assembly place your schoolbag on the ground.
- ◆ Avoid walking to school while carrying a heavy schoolbag; using school transport would be the best option in case you live far from school.
- ◆ Do not run in the corridors or yard or rush up the stairs while you are carrying your schoolbag since this can result in back pain or injury.
- ◆ Wear appropriate footwear to school which also helps prevent back pain.

