



Are You BACKING BETTER BACKS?

You might think you won't get back pain until you're grown up but more and more school children are getting bad backs.

You need to look after your back and neck properly. There are many things you can do to help yourself build a stronger back - the Backing Better Backs campaign will show you how...

Did You know?



- 50% of children have had back pain by the time they reach 14
- Children as young as 7 have back pain
- Your school bag could weigh up to 2 stone - that's like carrying a toddler on your back all day!
- You should not carry more than 10% of your bodyweight
- Carrying your bag on one shoulder is damaging your back

TOP TIPS for a better back

- Don't carry more than you need each day in your bag
- Swap your bag for a backpack and wear it over both shoulders
- Choose a backpack that has padded adjustable straps
- Make sure your school chair and desk are the right size for you
- Don't slouch at your desk - imagine there's a string on the top of your head lifting you upright
- Get up and move about at home - don't slump in front of the TV for ages!



Follow the BBB Code

Backpacks are best Be more active Be back aware

Visit www.backingbetterbacks.org for more info