

Lighten the Load: Choosing a backpack that won't break your kid's back

With September nearing, back-to-school shopping is in full swing. Searching for the perfect new backpack can be an annual headache for parents, while they look for a backpack that is functional and reliable, and students seek out a style that looks good. Finding a high-quality backpack that does not compromise on fashion is important to students and parents alike.

More than ever, it is necessary to find a backpack that fits properly according to individual weight and size. Time and time again, studies have shown that wearing a backpack that is too heavy, or worn incorrectly can cause back and neck pain, muscle soreness, headaches, and eventual injuries. Dr. Christine Brandner from Sioux Falls Chiropractic stresses the importance of finding a properly fitting backpack for students, and advises parents to find one that has “two straps, with a clasp in the front,” to ensure the weight is bearing equally on both sides of the body. She also recommends wearing the bag higher up on the back to take weight off the shoulders. Finally, Dr. Brandner cautions parents that their children should not be carrying any more than “eight to twelve percent of their body weight.” With that in mind, if a student weighed 100 pounds, the most their backpack should weigh is around 12 pounds.

Unfortunately, many students do not follow this recommendation—as their school workload rises, so does the weight of their backpack. Consumer Reports conducted a survey in 2009 to determine how much weight students carry as a result of an overloaded backpack. They found that on average, second graders in New York City schools carried about five pounds, while sixth graders carried an average of 18.4 pounds—although some backpacks weighed as much as 30 pounds. From this finding, it is inferable that as students move on to higher grades, they increasingly carry more weight, and consequently, inflict more strain on their body.

At BulletBlocker, safety is our main goal. We take pride in our quality collection of back-to-school safety solutions that includes bulletproof backpacks, panels, binder inserts, and notebook portfolios among others. Not only do the backpacks promote reassurance and confidence among parents, students will also be satisfied with the stylish options they have to choose from. In addition to providing security and style, our backpacks are ergonomically designed for all-day comfort and have adjustable features that accommodate individual size and height. The popular “Everyday Backpack” is compact with ample storage space for students of any age. The anti-ballistic panel weighs about as much as a water bottle, which keeps the backpack at a low weight of just 2.7 pounds. This allows students to fill their backpacks to their liking without worry of overloading weight on their back. The dual straps are thick and padded for comfort, and easily adjustable to individual size and height.

Another favorite is the “Guardian Backpack,” which comes in five different colors and weighs in at 4.5 pounds. It features padded and ergonomically curved straps that stabilize the bag and provide all-day comfort. In addition, the backpack offers a clasp across the chest, which will ensure that the weight is stabilized equally on both sides of the body, as Dr. Brandner suggested.

With school starting back up again within the month, it is important to ensure that students are equipped with a backpack that will keep them safe, comfortable, and stylish. Luckily, BulletBlocker has the products necessary to fulfill the needs of parents and their students.

For a limited time, customers can enjoy a 10% off discount on all orders with the code
"schoolten."

<http://www.kdlt.com/2017/08/03/back-school-choosing-pack-wont-break-back/> - Dr.
Brandner

<https://well.blogs.nytimes.com/2009/07/21/weighing-school-backpacks/> - Consumer
Report study