

BACK TO SCHOOL – BACKPACK SAFETY
DR. DOMINIC LUCIA, PEDIATRICS, BAYLOR SCOTT & WHITE HEALTH

{**ON CAM**}

SEPTEMBER 21 IS NATIONAL BACKPACK AWARENESS DAY- AN OPPORTUNITY TO REMIND PARENTS AND CHILDREN HOW TO SAFELY WEAR BACKPACKS

{**TAKE VO**}

TRT:

DR. DOMINIC LUCIA AT BAYLOR SCOTT AND WHITE MCLANE CHILDREN'S HOSPITAL- - HE HAS TREATED CHILDREN WITH BACK PAIN AND OTHER CHRONIC PAIN CAUSED BY OVERLOADED OR IMPROPERLY WORN BACKPACKS.

HE SAYS THE FIRST STEP IN PREVENTING INJURY- IS PURCHASING A QUALITY BACKPACK WITH PADDED STRAPS TO HELP DISTRIBUTE THE WEIGHT.

{**TAKE SOT**}

DR. DOMINIC LUCIA

BAYLOR SCOTT & WHITE

TRT: 12

"Then it starts with not overloading it and wearing it properly. I know it's tempting, they want to throw it over the shoulder, it looks a little bit cooler but wearing it the way it was designed is really important."

{**ON CAM**}

OTHER TIPS TO HELP WEAR BACKPACKS SAFELY-

WEAR THEM HIGH AND TIGHT ON YOUR BACK

USE HORIZONTAL CHEST STRAPS TO DISTRIBUTE WEIGHT

AND REMOVE ANY UNNECESSARY CONTENTS TO KEEP THE WEIGHT LOWER.