

<http://www.MSCNews.net/news/index.cfm?nk=26696>

Backpack Safety Tips for Back To School

(KLZA) A number of schools around the area open for the 2013-14 school year this week. With kids headed back to school the traditional safety tips are provided by parents. Today we have a tip for the parents concerning backpacks.

Health experts are cautioning parents about the proper fit, size and weight of kids backpacks. Each year thousands of kids are sent to the doctor with back, neck and shoulder trouble stemming from backpacks. (play audio :16 seconds)

That is Rachel Hagemeyer, occupational therapist at the University of Nebraska Medical Center.

She goes on to talk about the types of injuries that can occur. (play audio :20 seconds)

Hagemeyer says parents need to make sure the backpacks are not overloaded. (play audio :16 seconds)

Hagemeyer encourages parents to watch children for signs of being overloaded by their backpacks.

Many Signals Communications