

HR 8075

2018

1 House Resolution

2 A resolution recognizing August 2018 as "School
3 Backpack Awareness Month" in the State of Florida.
4

5 WHEREAS, since spinal ligaments and muscles are not fully
6 developed until after age 16, overloaded school backpacks are a
7 source of repeated low-level stress that may result in chronic
8 neck, shoulder, or back pain in children, and

9 WHEREAS, according to the U.S. Consumer Product Safety
10 Commission, more than 7,000 emergency room visits each year are
11 due to school backpack-related injuries, and

12 WHEREAS, in 2010 alone, physicians' offices, clinics, and
13 hospital emergency rooms treated nearly 28,000 strains, sprains,
14 dislocations, and fractures resulting from improperly worn or
15 overloaded school backpacks, and

16 WHEREAS, studies have shown heavy loads carried on the back
17 have the potential to damage the soft tissues of the shoulder,
18 causing microstructural damage to the nerves and damage to
19 internal organs, and

20 WHEREAS, studies have shown an increase in curvatures of
21 the spine and compressed intervertebral height when a school
22 backpack exceeds 10 percent of a child's body weight, and

23 WHEREAS, the Global Burden of Disease Study of 2010 showed
24 low back pain as the number one cause of disability worldwide,
25 while musculoskeletal disorders were the second cause, and

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26 WHEREAS, children's textbooks are much heavier now than
27 many years ago, and in addition to textbooks, students often
28 carry computers, cell phones, water bottles, running shoes, band
29 instruments, and other equipment considered essential to have
30 readily available, and

31 WHEREAS, more than 90 percent of students carry school
32 backpacks, which, in studies, have been found to weigh as much
33 as 25 percent of the child's body weight, and

34 WHEREAS, school backpacks are often not worn correctly,
35 often slung over one shoulder or allowed to hang significantly
36 below the waistline, increasing the weight on the shoulders and
37 making the child lean forward when walking or stoop forward when
38 standing to compensate for the extra weight, NOW, THEREFORE,

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40 Be It Resolved by the House of Representatives of the State of
41 Florida:

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43 That August 2018 is recognized as "School Backpack
44 Awareness Month" in the State of Florida to promote awareness of
45 the potentially serious and damaging long-term health effects of
46 carrying overloaded or improperly worn school backpacks.