DAILY Warm-Up 9

Name _____ Date _____

HEAVY BACKPACKS

Do you carry a backpack to school each day? How heavy is the backpack? Some experts believe that the backpacks that students carry are too heavy. It isn't because books are heavier these days. Rather, experts say that students are expected to carry more and more books in their backpacks. These books are heavy and cause a strain on the students' backs.

Experts say that the backpack should not weigh more than 10–15% of a student's body weight. Anything heavier than that can lead to back problems. The problems range from muscle strain to poor back alignment. The number of people being treated for backpack strain has increased. Emergency rooms are noticing a rise in the problem.

Does carrying a backpack that is too heavy really cause a problem? Apparently it does. Some of the signs to watch for are if the student complains of back pain or if he or she walks bent over sideways to adjust for the weight. Another sign to watch for is if they complain of tingling in the arms or hands.

To accommodate for the weight, experts recommend that students bring a backpack to school that has wheels. Another recommendation is a backpack with a waist strap. The strap helps to support the waist.

STORY QUESTIONS

1. "To *accommodate* for the weight, experts recommend that students bring a backpack to school that has wheels." *Accommodate* means . . .
   a. to make room for.
   b. to show strength for.
   c. to compensate or adjust for.
   d. to rely on.

2. Why are the backpacks that students carry heavier these days?
   a. Students are more comfortable with the amount of homework assigned.
   b. Students are expected to carry more books around.
   c. Students risk muscle strain or poor back alignment.
   d. Students are assigned more homework these days.

3. The passage is mostly about . . .
   a. learning to use a backpack correctly.
   b. bringing less books in your backpack.
   c. being aware of the weight you carry around in your backpack.
   d. knowing the signs of back pain and muscle strain.

 ©Teacher Created Resources, Inc.

LIVEWORKSHEETS