

A study on school bags of children

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■ **ABSTRACT** : This study investigated the weight of school bags and the factors related to school bag carriage students in two community schools in Allahabad completed with a questionnaire. Measurements of body weight and schoolbag weight were taken and completion of a daily body discomfort chart (BDC). According to the report of the survey mostly children carried a school bag weight ranged from 1.6-9.3 kg over the 5 days. A survey carried out on children's school bags of 9 years of age by the researchers, their mean height 4 inches (3ft 9inches) and average body weight 26 kg, it was observed that sometimes children arch their backs or lean forward causing them to develop poor posture as they grow. Wrong posture while bending and lifting can result in the rupture of the disc. It was found that mostly children carried a weight of 5 kg that was more than 15 per cent of their own body weight. The reported discomfort was higher for boys than girls.

■ **KEY WORDS** : - Body weight, Body discomfort

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