



The Weight and Carriage of Schoolbags

1. Reducing Stress

- Avoid taking books to school that do not form part of your timetable.
- Do not be afraid if you genuinely forget to take set books on the timetable to class.
- Check your timetable in the evening and make sure that you do not carry any unnecessary copybooks or books to school.
- Do NOT leave empty copybooks in your schoolbag. These can be left in class or given to the class teacher or alternatively placed in lockers.
- Try to find extra copies of textbooks which were used by your relatives or friends in the past. These can be kept at home and the same textbooks given to you by the school can be left in class.
- If you are told to use files, use thin plastic folders and then file your work promptly to avoid heavy files.
- Do not take unnecessary items such as raincoats to school. Primary School students are also to avoid taking games and toys.
- Make good use of lockers if these are available.
- Students attending Primary Schools are not to put the tablet inside the schoolbag, but are to use the case provided.
- Library books should be kept and read at home. They can be brought back to the school library when their due date expires.





2. Carriage of Schoolbags

- Wear bags about 5 cm above the waist.
- Adopt correct lifting techniques, through the bending of legs, rather than the bending of the back.
- Take care when lifting schoolbags on your back. Swinging the schoolbag onto the back applies a combination of twisting and side bending of the spine which could cause harm.
- When fitted correctly, the backpack should contour to your back and not hang off the shoulders.
- Place the heaviest items closest to your back. The backpack's compartments need to be used to pack items securely and minimize the load moving around.
- During assembly place your schoolbag on the ground – carry your schoolbag only when you have to.
- Avoid walking to school carrying a heavy schoolbag; using school transport would be the best option in case you live far from school.
- Do NOT run in the corridors/yard or rush up the stairs while you are carrying your schoolbag. This can result in back pain or injury.
- Since you are carrying some weight, it is imperative that you wear adequate footwear which can help prevent back pain.

