



British Columbia
Chiropractic
Association

Dear Educator,

The British Columbia Chiropractic Association (BCCA) asks for your help in communicating an important safety issue to your students – the proper use of their backpacks – so that they can avoid injuries to the neck, shoulders, and back. More than 50% of Canadian youth will experience at least one back pain episode by their late teens.

Each year, the BCCA reinforces the importance of backpack safety through the “**Pack it Light. Wear it Right.**” program. We ask for your assistance in sharing this message. We offer a range of free materials for students, parents, and teachers. These resources are designed to help students choose the right type of backpack, distribute the weight properly, and recognize when they are simply carrying too much weight for their growing bodies.

Here are a few simple things that you can do within your school:

- **Display the posters** in a prominent location so that your students can learn how to avoid injuries. We suggest putting a poster in the classroom, main hallways, and library.
- **Distribute the “Pack it Light. Wear it Right.” handouts** so that families can discuss ways to avoid muscle strain and injury.
- **Send a copy of the Parent/Guardian Letter and Tip Sheet home** with each child so parents are informed of the dangers of improper backpack use.
- **Use other school communication tools** such as morning announcements, Parent Advisory Committee meetings, student newspapers or school newsletters to help get the word out.
- **Talk about backpack safety at an upcoming assembly** and demonstrate the correct way to wear and pack a backpack. Request a chiropractor from your community to present backpack safety to your school or classes by contacting our office at 604-270-1332 (toll free: 1-866-256-1474) or at angie@bcchiro.com.
- **Post the videos or electronic fact sheets online** on your school’s website or social media channels. All of the resources are available at bcchiro.com/PackitLight.

Electronic materials are available at bcchiro.com/PackitLight. Printed copies are available free of charge by email request to angie@bcchiro.com.

The BCCA is committed to helping prevent future spinal injuries among today’s youth. We hope that you will join us in promoting backpack safety through the “**Pack it Light. Wear it Right.**” program.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jay Robinson', written over a light blue horizontal line.

Dr. Jay Robinson B.Sc., D.C.
PRESIDENT & CEO