

HEALTHY SCHOOL BAG

PROGRAM FOR 1ST GRADE PRIMARY SCHOOL STUDENTS



SAY NO TO HEAVY SCHOOL BAG

Unsuitable and heavy school bags are widely accepted as common cause of children's neck and back pain. In case of no ergonomic compensation carrying unsuitable school bag could be potentially harming to children's spine and affect spine developing in the future.

How to choose the right school bag?
How should the bag be ergonomically designed?
How should it be carried?

PROJECT GOAL

- How to choose the right school bag
- Ergonomic principles and design (size, shape)
- Children learn the proper way of carrying the backpack
- The right weight of school bag
- Keep children's spine healthy with us and contact us for more information about this project as below:



MVDr. Michaela Pavelková
tel: +420 554 774 121
email: michaela.pavelkova@khsova.cz



ERGONOMIC SITTING

PROGRAM FOR 1ST GRADE PRIMARY SCHOOL CHILDREN



DO THE CHILDREN SIT ERGONOMICALLY?

Long hours of the day sitting at school desk / after school club could be harming for children's spine developing. Ergonomically unsuitable school furniture, psychical stress and deficiency of physical activity could contribute to the spine problems.

PROJECT GOALS

- Questionnaire about time length of school bag carrying
- Weight of school bag comparing to children's weight
- Presentation of the right ergonomic seat position in school chair
- How to reduce spine strain
- Recommendation for the right ergonomic school furniture

Contact details:



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