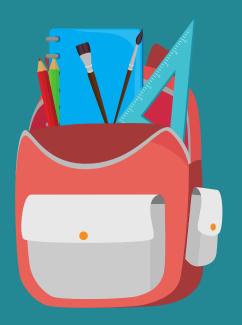
HEALTHY SCHOOL BAG

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?

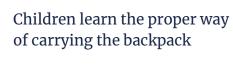
PROJECT GOAL



How to choose the right school bag



Ergonomic principles and design (size, shape)







Keep children's spine healthy with us and contact us for more information about this project as below:



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ERGONOMIC SITTING

PROGRAM FOR 1ST GRADE PRIMARY SCHOOL CHILDREN





DO THE CHILDRENSIT 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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