**Backpack Safety Pre-/Post-Test**

1. What is the recommended maximum percentage of a student’s body weight that a backpack should weigh?

a) 5%

b) 10-15%

c) 20-25%

d) 30%

2. Which of the following is a common issue caused by carrying a heavy backpack?

a) Improved lung function

b) Increased muscle strength

c) Forward head posture

d) Reduced academic performance

3. When packing a backpack, where should the heaviest items be placed?

a) Farthest from the back

b) In the middle of the backpack

c) Closest to the back

d) At the bottom of the backpack

4. What is the main reason for using both shoulder straps when carrying a backpack?

a) It looks better

b) To distribute weight evenly across both shoulders

c) To make the backpack easier to carry

d) To prevent the backpack from falling off

5. Which muscle group should you primarily use when lifting a heavy backpack?

a) Back muscles

b) Shoulder muscles

c) Arm muscles

d) Leg muscles

6. What effect can carrying a heavy backpack have on a student's posture?

a) It helps maintain a straight posture

b) It can cause rounded shoulders

c) It has no effect on posture

d) It improves spinal alignment

7. Why is it important to adjust the shoulder straps so the backpack sits snugly against your back?

a) To reduce the chances of theft

b) To make it easier to take on and off

c) To prevent the backpack from sagging and causing strain

d) To allow better air circulation

8. What can happen if a backpack is worn only on one shoulder?

a) It helps balance the body

b) It strengthens the carrying shoulder

c) It can lead to muscle strain and spinal imbalances

d) It makes the backpack easier to carry

9. What is a recommended way to reduce the overall weight of a backpack?

a) Carry more items at once to save trips

b) Rotate books and only carry what’s needed

c) Leave all books at home

d) Carry items in your hands instead

10. How can you tell if your backpack is too heavy?

a) You can carry it without feeling any discomfort

b) You start leaning forward to carry the weight

c) The backpack feels light when you pick it up

d) It fits comfortably on your back

Answer Key:

1. b) 10-15%

2. c) Forward head posture

3. c) Closest to the back

4. b) To distribute weight evenly across both shoulders

5. d) Leg muscles

6. b) It can cause rounded shoulders

7. c) To prevent the backpack from sagging and causing strain

8. c) It can lead to muscle strain and spinal imbalances

9. b) Rotate books and only carry what’s needed

10. b) You start leaning forward to carry the weight

This test can be used to gauge students' knowledge before and after an intervention on backpack safety, assessing the effectiveness of the education provided.