

School children and their backs - the facts!



WalkWell Clinic – promoting care for your child’s back!

- We believe that young backs are being damaged by overweight schoolbags and badly designed chairs, while thousands of primary school teachers are suffering in silence from back problems.
- In a bid to tackle the problem, would like to advise schools as to the best practice.
- Advise on moving and handling, choice and use of furniture, and learning systems which could be linked to back injuries it a key part of the learning process.
- The surprising extent of back problems suffered by primary school teachers was revealed earlier this year, in a survey by the education union Voice.
- It discovered that 88% experienced back pain, most at least once a week while working at school, and 70% had sought medical treatment.
- They said back problems were caused by bending over low tables (91%), sitting on children’s chairs (85%), and kneeling at low tables or on the floor (71%).
- Other causes were lifting or carrying children, working at child height computers, and bending over laptops in class. Many of those who took part in the survey said they could no longer sit on the floor, worked part-time rather than full-time, moved to working with older children, or were forced to take ill-health retirement.
- Alarmingly, only 8% said they had officially reported their problems either because they did not know how to raise their concerns or they were afraid of jeopardising their careers.
- Most of the four million children at secondary school will be asked at some stage in their school career to carry levels of weight that the charity considers to be “excessive and dangerous to health.”
- More than 120,000 of them will see a doctor before the age of 16 about back pain.