

## CWSF 2005 - Vancouver, British Columbia



### **Backpack Overload**

**Division:** Health Sciences

**Category:** Junior

**Region:**

**City:** ,

**School:**

**Abstract:** After hearing my brother complain about his overloaded backpack, I set out to determine if backpack design affected posture and comfort under different load conditions. The key findings were that backpack load weight and fit affected posture and comfort. Like shoes, a good fit is more important than style!