



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

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Project Title How Backpacks Affect Your Posture	
Abstract Objectives/Goals The purpose for this project is to prove how backpacks affect your posture so that people know that there are risks involved in wearing a backpack. Methods/Materials For this project we used a Roller Backpack and a regular pack using both straps and the same pack using only one strap over just one shoulder. Results The results were that the roller backpack caused the least pain out of all three while wearing the backpack over one shoulder caused the most pain. Conclusions/Discussion Our results ended up being exactly the same as our prediction which proves all backpacks can be dangerous in some way. With everything we have done our conclusion is that people should try rollerx backpacks.	
Summary Statement Finding out which backpack affects your posture the most.	
Help Received Had student volunteers assist in doing the study.	