

CREATING NEW FEATURES OF A BACKPACK TO REDUCE THE POTENTIAL OF HAVING A FORWARD HEAD POSTURE BY WEARING BACKPACKS.

The project was initially started to reduce the damaging effect on the back of children by wearing heavy backpacks, since children use backpacks almost every day for school.

Then I noticed that wearing a backpack currently was becoming a trend among adults, there are more adults backpack user than before. However, there are few people noticing the damage that backpacks bring to our body, let alone how does it hurt us. A loaded backpack could generate a strong bearing down force. To keep the balance of the body, our heads will move forward unconsciously, which can create an unhealthy forward head posture gradually and also other health risks.

Of course, we can release some pressure on our shoulders by packing less things in backpacks, but sometimes we are not free to do that, so we need another way. Theoretically, we can move the gravity centre of a loaded backpack up to decrease the degree of forward head. However, most existing backpacks have a lower gravity centre when loaded with big bottom space and an external pocket on the bottom. Therefore, for distributing more weight to the upper part of a backpack, instead of the existing b-shaped backpacks, I made a P-shaped backpack for getting a higher gravity centre when loaded.

Next step is strengthening the effect, I added another function that can move the bottom of the backpack up by draw out the side ropes, so that it can shrink. When the user does that, the backpack would look like it is melting, like a snowman thawing, so I named

it "snowman". The users will be encouraged to let their "snowman" thaw when they do not have many things in the backpack.

There is also a simple instruction that I made to remind people of taking good care of the body and its posture, because sometimes the body is weaker than the will.

