

LÍNGUA INGLESA

Questões de 64 a 70

P E R S O N A L T I M E Y O U R H E A L T H

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Some Schooling on Back

Doctors are concerned that looking cool is hurting kids. Here are some ideas to avoid

LIKE MANY KIDS NOW HEADING BACK TO SCHOOL, I USED ONE OF THOSE FASHIONABLE single-strap, over-the-shoulder bags to carry my books around when I was studying in New York City. But at Dartmouth Medical School, my city bag turned out to be totally inadequate for lugging heavy medical texts. I'd lose valuable minutes at the start of a lecture rubbing an aching arm and shoulder before I could start writing down what the prof said.

Taking a cue from classmates, I finally got a large, wide-shouldered bag with a third strap that wrapped around the hips. It wasn't chic but it did wonders for my sore muscles – and note taking.

That was a first-hand lesson in how the wrong backpack, or carrying one improperly, can lead to serious problems.

According to the U.S. Consumer Product Safety Commission, 5,900 kids were treated at hospital emergency rooms, clinics and doctors' offices last year for sprains and strains directly caused by backpacks. Indeed, such injuries are so widespread that more than 70% of physicians surveyed by the American Academy of Orthopedic Surgeons listed backpacks as a potential



AVOID ACHING MUSCLES: Your backpack and its cargo shouldn't total more than 20% of your body weight

clinical problem for children, and 58% said they had treated patients for pain caused by heavy backpacks.

How to avoid such problems? Like my classmates, you can choose bags that have wide, padded straps and a belt. That will help transfer some of the weight from the back and shoulders to the hips. You should also

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tighten both straps firmly, so the pack rests about two inches above your waist. Also, remember to pack your bag with the heaviest items closest to your back and to bend both knees when you pick it up.

How much should you stuff into your pack? That depends on your size and strength, but the rule of thumb is not to exceed 20% of your body weight.

So if a child weighs 100 lbs., the backpack and its load shouldn't be more than 20 lbs. This applies to adults as well. For smaller children, the percentage should be scaled down, depending on the child's size and weight. One hint: make frequent trips to your locker to exchange books between classes.

In: TIME, SEPTEMBER 10, 2001. p.64.

Read the text carefully and then choose the alternative which best completes each of the statements.

64. According to most doctors surveyed by the American Academy of Orthopedic Surgeons, **incorrect** backpacking:
- A) is not supposed to cause pain in children.
 - B) has caused many patients to be treated.
 - C) has not been a serious clinical problem.
 - D) has been a serious problem for adults.
65. One of the author's suggestions to avoid injury is:
- A) do lots of physical exercises.
 - B) don't use backpacks with a belt.
 - C) always use single-strap backpacks.
 - D) bend your knees to pick your bag up.
66. The best conclusion of the statement "*make frequent trips to your locker to exchange books between classes*" is:
- A) students should go to the locker several times.
 - B) students should preferably carry less weight.
 - C) students usually have a locker at school.
 - D) books are usually left in the locker.
67. An appropriate backpack should:
- A) have three straps and a belt.
 - B) just have a single strap and a belt.
 - C) be fashionable and look quite cool.
 - D) load up to 20% of a person's weight.
68. What's the purpose of the belt in the backpack?
- A) to transfer some of the weight to the hips.
 - B) to fasten the straps of the backpack firmly.
 - C) to make users feel that they are fashionable.
 - D) to avoid body pain caused by heavy backpacks.
69. All items below are symptoms caused by carrying a heavy backpack **except**:
- A) sprains and strains.
 - B) aching arm and shoulder.
 - C) note taking.
 - D) sore muscles.
70. The central idea of the text is:
- A) caution hints about the use of backpacks.
 - B) materials that can be carried in backpacks.
 - C) the coolest and most up-to-date backpacks.
 - D) treatments for injuries caused by backpacks.

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