

DoD Ergonomics Working Group NEWS



Issue 5, APRIL 2002

<http://chppm-www.apgea.army.mil/ergowg/>

The DOD Ergonomics Working Group announces the publication of a new brochure:

Rucksack Packing and Fitting Tips: Packing for Performance

A small amount of planning before a road march can improve soldier performance and decrease injuries.

Background

The rucksack packing brochure is an important part of an overall injury prevention program. The brochure—developed based on extensive research and biomechanical modeling—shows the optimal packing configuration to maximize performance and endurance as well as prevent injuries.

Target Audience

Soldiers new to the Army or field unit or those preparing for a road march.

Suggested Distribution

- Include a brochure with each issue of a rucksack.
- Hand out the brochures before a road march.
- Distribute the brochures as part of a class before a road march.
- Share the brochures with installation leadership, battalion and company commanders, first sergeants, and drill instructors.

Copies of this brochure—available in Adobe Acrobat Reader—
can be found at the working group's Web site,
<http://chppm-www.apgea.army.mil/ergowg/>