

INNOVATION COMPETITION IC6

Development of A Comic Book to Improve Primary School Students' Knowledge on Low Back Pain Prevention

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ABSTRACT

Description: The innovation presents the development of a comic book for back care education designed to improve knowledge on low back pain prevention among primary school students. The comic book uses child-friendly language, colourful illustrations, and evidence-based content to explain correct sitting posture, safe schoolbag use, proper lifting techniques, stretching exercises, and basic ergonomic practices. **Needs:** Low back pain is increasingly reported among children and adolescents and is commonly linked to poor posture, prolonged sitting, sedentary behaviour, and incorrect schoolbag use. However, traditional lecture-based health education may not fully engage young learners, creating a need for a more attractive and age-appropriate educational tool. **Unique Features:** This innovation integrates storytelling, colourful illustrations, and relatable school-life scenarios to enhance children's engagement and understanding. Besides, the content was reviewed and validated by experts in physiotherapy, ergonomics, and education to ensure relevance, clarity, age appropriateness, and accuracy. **Impact:** The comic book is expected to increase awareness and understanding of healthy postural habits and back care practices among primary school students. By promoting early ergonomic education, this innovation may contribute to healthier lifestyle habits, prevention of musculoskeletal problems, and improved health literacy in children. **Prospects for commercialization:** This innovation has potential for school-based health education due to its practicality, low production cost, and adaptability into digital, multilingual, or educational module formats.

Keywords: Comic book; Low Back Pain Prevention; Ergonomic; Primary School Students; Back Care Education

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