

# Pack it Light. Wear it Right.

Are you carrying everything in your backpack? Lighten your load. Too much weight can cause problems for your back, including pain and injury. When it comes to your backpack, remember to Pack it Light and Wear it Right. For more information ask your chiropractor or go to [bcchiro.com/PackitLight](http://bcchiro.com/PackitLight).

*Don't carry more than  
15% of your body weight  
in your backpack  
(10% for younger kids)*

<b>Your Weight</b>	<b>Maximum Load</b>
23 kg / 50 lbs	2.2 kg / 5 lbs
32 kg / 70 lbs	3 kg / 7 lbs
40 kg / 90 lbs	6 kg / 14 lbs
50 kg / 110 lbs	7 kg / 16 lbs
59 kg / 130 lbs	9 kg / 19 lbs
68 kg / 150 lbs	10 kg / 22 lbs
77 kg / 170 lbs	11 kg / 25 lbs
86 kg / 190 lbs	13 kg / 28 lbs



## ***Backpack DOs and DON'TS***

- DON'T sling your backpack on one side
- DO wear both straps and adjust them so that the pack fits snugly.
- DO use a waist strap. It reduces the strain on your back.
- DON'T carry your backpack too low: this can cause you to lean forward and puts weight on your upper back.

# When it comes to your backpack, remember to *Pack it Light and Wear it Right!*



## **Don't Hunch**

If your backpack is too heavy, lighten that load.



## **Straighten-Up!**

Use both shoulder straps and avoid leaning forward.



## **Lift Safely**

Always bend your knees to lift your bag or heavy objects.



## **Use Those Pockets**

Take advantage of compartments and pockets to help space out the load.



## **Time to Wear**

Put your bag on one strap at a time from a chair or table.



## **Heavy Items**

Pack heavy items close to your body and use a waist belt.




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