

Backpack Facts

- ✓ Used correctly, backpacks are a good way to carry books, supplies and personal items
- ✓ Used incorrectly, or when too heavy, a backpack can injure muscles and joints
- ✓ A backpack should be no wider than the user's chest
- ✓ A backpack should be worn no higher than the base of the neck and no lower than 2 inches below the waist
- ✓ Multiple compartments help distribute weight evenly
- ✓ Backpacks should be cleaned out daily
- ✓ Heavy books should be hand carried



Before you lug it . . .

. . . lighten it!



Shriners Hospitals
for Children®

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If your child weighs

The backpack should weigh no more than

40 lbs.	6 lbs.
60 lbs.	9 lbs.
80 lbs.	12 lbs.
100 lbs.	15 lbs.
120 lbs.	18 lbs.
140 lbs.	21 lbs.
160 lbs.	24 lbs.
180 lbs.	27 lbs.
200 lbs.	30 lbs.

The proper maximum weight for a backpack should be no more than 15% of a child's body weight.