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How Heavy Can a Backpack Get?

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## How Heavy Can a Backpack Get?

The amount of stuff kids haul around on their backs has increased over time, leading manufacturers to make packs with more ergonomic features to help avoid injury. Some kids carry all their books, a laptop and other electronics all day due to limited time between classes. Many schools also are doing away with lockers because of security concerns.

A loaded backpack shouldn't exceed 10% of a child's body weight, according to recommendations from the American Occupational Therapy Association Inc., a professional group that sponsors a National School Backpack Awareness Day each fall. That means, for instance, a 100-pound teen should only be hauling 10 pounds. In reality, the average child carries about 22% of his or her body weight, according to the American Chiropractic Association. That's more than twice the recommended amount.



F. Martin Ramin for The Wall Street Journal

The Osprey Jet daypack for kids offers a sternum strap, hip belt and a ventilated back pad.

