Hey Packer! What’s up?

Just packing up from school. Want to walk home?

Man, those guys look so cool wearing their backpacks like that.

I know since I carry my house on my back, you won’t be so cool when you get out of whack!

Whoa!

This is a job for PACKER MAN!!

Only carry 15% of your bodyweight, no more than 25 lbs.

In this model, the left side is straining to balance the right.

Wearing a backpack on one shoulder causes neck, shoulder and back pain.

No way! I didn’t know that!

All those books you carry are good for your brain but bad for your back.

That’s like carrying a 25 lb dumbbell!

Listen to my sidekick, Professor Ergo!

Back and strap padding plus waist straps can help.

Cool backpack, I want one!

That’s like carrying a 25 lb dumbbell!

Also, use extra bags for heavier things, don’t try to fit it all in one!

Another victory for... PACKER MAN!

Finally, ask your parents to buy 2 sets of books for home and school!

Great! Don’t want to end up like my friend Back-A-Sores Rex!

O.K.!

I got it! Pack it light, pack it right!