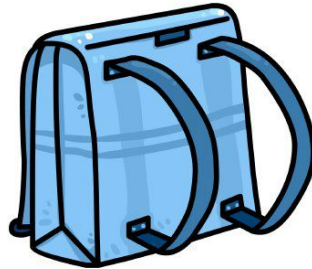


National Backpack Awareness Day



Wednesday, September 16th 2015

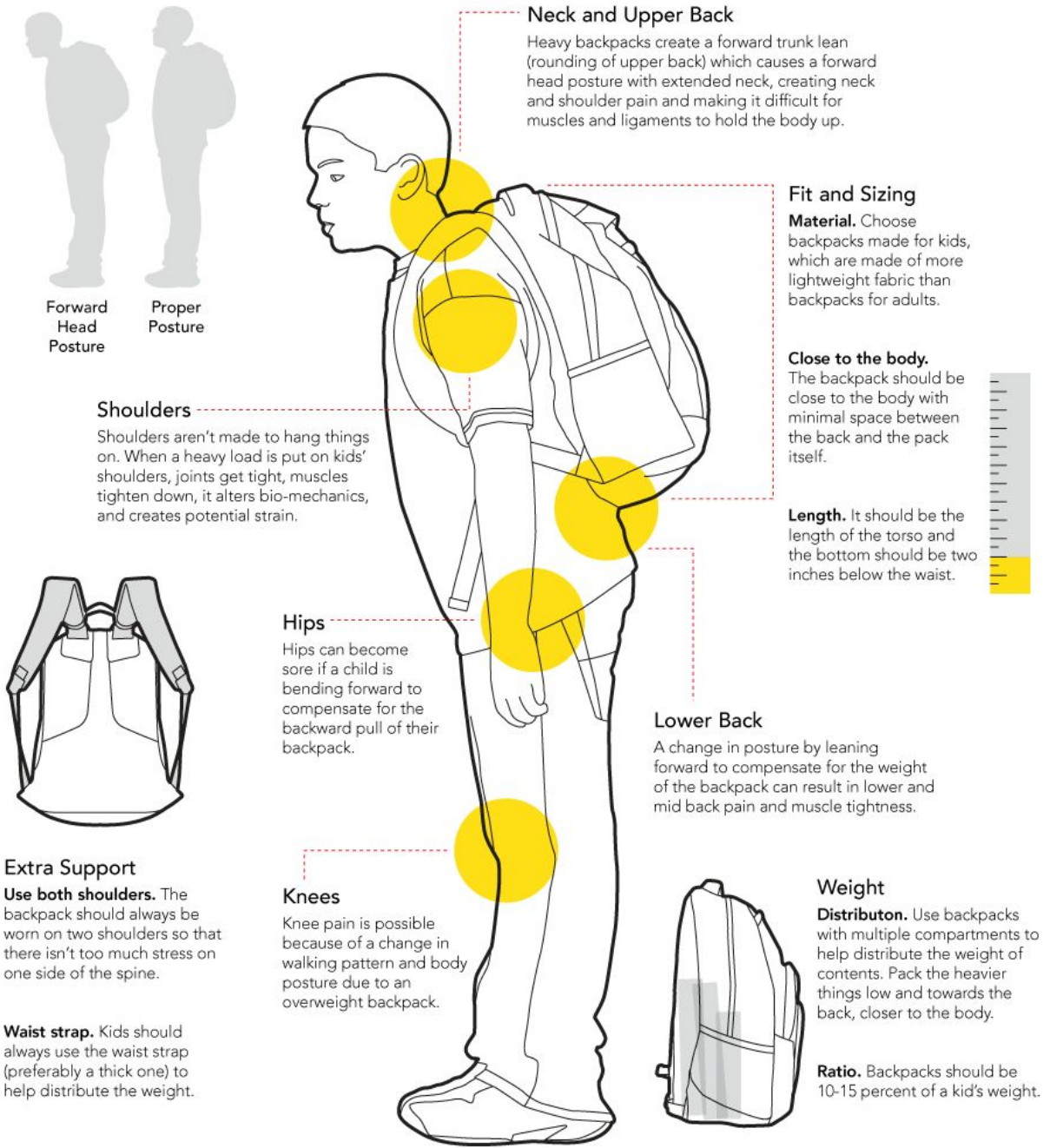
Kirkland Middle School will be recognizing National Backpack Awareness Day this year by sharing helpful tips on how to select, wear and pack your backpack to minimize the risk of injury. Please participate in our backpack weigh-in before and after school on 9/16, where you can discover what % of your body weight you are toting around with you all day! Staff from Lake Washington Physical Therapy and KiMS volunteers will be on hand.

My Backpack Is:

_____ %
of my bodyweight

What Heavy Backpacks Are Doing To Kids' Bodies

About 5,000 children visit emergency rooms each year because of backpack-related injuries, and at least 14,000 kids are treated for them. While not every kid will go to the hospital because of heavy backpacks, overweight loads can cause neck, back and shoulder pain and more. Below, see what is so dangerous about kids carrying heavy backpacks — and what parents can do about it.



Sources: Dr. Rob Danoff, an osteopathic family physician, U.S. Consumer Product Safety Commission, American Academy of Orthopaedic Surgeons, Elise G. Hewitt, Board Certified Pediatric Chiropractor