The materials used in synthetic turf have not been thoroughly tested for safety. When it comes to health, we need to have a safe rather than sorry approach.

Rubber tires used to make turf infill ("crumb" rubber) contain chemicals linked to cancer and brain toxicity.

Chemicals from turf can get into the body through skin absorption, ingestion, and inhalation.

Kids and adults may get abrasions, turf burns, or infections when playing on turf.

In the summer, turf temperatures can get up to 160 degrees, hot enough to cause burns and heat exhaustion!

Choose to play on natural fields!

![Infographic of The Truth About Turf](image)

**Facts About Turf**

Synthetic turf can be found on our sports fields, golf courses, lawns, and playgrounds.

Turf is comprised of multiple layers:

- Polypropylene, polyethylene, or nylon grass blades
- Infill from tires
- Backing layer
- Drainage layers

**Why should we be concerned?**

The materials used in synthetic turf have not been thoroughly tested for safety. When it comes to health, we need to have a safe rather than sorry approach.

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**What can you do to avoid harm?**

- Remove and clean gear as soon as you can
- Always wear shoes on the field
- Thoroughly clean cuts immediately
- Shake out your clothes and shoes before coming indoors
- Always wash your hands
- Take a shower after playing on turf fields

**Choose to play on natural fields!**

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