

Is Artificial Turf Safe to Play?

You can keep your children safer by understanding the health risks related to artificial turf fields and rubber playground surfaces.

Toxic Chemicals

PFAS and other chemicals found in artificial turf can disrupt hormones that children need for healthy development.

Hormone disrupting chemicals have the potential to

- Increase obesity
- Contribute to early puberty
- Cause attention problems such as ADHD
- Exacerbate asthma

Injuries

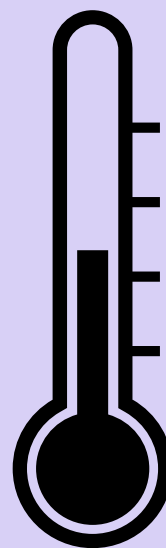
Several types of injuries are more likely to occur on artificial turf than on natural grass. These include

- Knee and ankle injuries
- Abrasions
- Heat-Related Illness and Injury
- Concussions on hard fields

Government Tips to Keep Your Children Safe

- Avoid mouth contact with playground surfaces
- Avoid eating and drinking on playground surfaces
- Limit playground time on very hot days
- Clean hands and other areas of exposed skin after visiting the playground
- Change clothes after play if black marks or dust are visible on fabric
- Clean toys that were used on the playground

Did you know? Some of the same types of chemicals found in artificial turf are already banned in children's products like pacifiers and toys.



Did you know? On an 80°F day an artificial turf field can reach temperatures of 150°F or more. This can put athletes at higher risk of heat-related illness or injury such as dehydration, heatstroke, and thermal burns.

Did you know? Over time, and without proper maintenance, turf fields can harden and pose an increased risk of serious injury.



You can learn more about the science behind artificial turf and playground safety by visiting www.center4research.org



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