

Stay cool this summer on artificial turf fields in DC

Artificial turf fields can get excessively hot on warm, sunny days

Tips to stay cool on artificial turf

- Limit use of fields between 10:00 am to 3:00 pm
- Drink plenty of water and stay hydrated
- Exercise moderately in high temperatures
- Wear shoes and light color clothing
- Take periodic breaks under shade

For more information: <http://bit.ly/fieldsafety>

