



YOU ARE THE KEY ★★ TO CLEANER AIR!

Air pollution has a significant impact on health and the environment. Help drive down pollution and create healthier, cleaner streets in your community by adopting the following tips.



DON'T BE AN IDLER

When the engine is left idling, harmful fumes can get sucked into the vehicle and worsen the health of you and your passengers.



BE A SMOOTH OPERATOR

Anticipate the road ahead to avoid unnecessary breaking and cornering. This reduces CO₂ emissions which is better for your health.



TAKE YOUR TIME

Gentle acceleration, using lower RPM and steady speeds use less power and reduces the amount of harmful emissions released into your local community.

BREATHING CLEANER AIR REDUCES THE RISKS OF:



LUNG DISEASE & ASTHMA



STROKES



HEART DISEASE



POOR LUNG DEVELOPMENT



CANCER



LOW BIRTH WEIGHT

THINK YOU KNOW YOUR STUFF?

MYTH...

- ★ Starting an engine causes more pollution than idling



...BUSTER

No. Idling is a significant contributor to local air pollution. It is less polluting to turn your engine off and restart it after a minute or longer.

MYTH...

- ★ The engine needs to stay on to keep the battery fully charged

...BUSTER

No. Modern batteries need less engine running time.

MYTH...

- ★ It is better to idle the vehicle as turning the engine off and on wears it out

...BUSTER

No. Ignitions in modern cars have eliminated this problem. Idling dirties your engine with incomplete combustion increasing wear and tear. Maintaining your vehicle and engine is important for reducing air pollution.

MYTH...

- ★ Catalytic converters need to be hot to work properly

...BUSTER

An idling engine is not needed to keep a catalytic converter warm. Catalytic converters retain their heat for about 25 minutes after an engine is switched off.

MYTH...

- ★ When it's cold I need to keep my vehicle engine and the interior of the car warm.

...BUSTER

It can take up to an hour for an engine to cool down. Turning off your engine, but keeping the ignition on and the fan blowing, will provide warm air for some time.

*we've taken these from 'Transport for London's anti-idling toolkit



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