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Vehicle idling action

MAYOR OF LONDON

## Idling: the myths and the truth

Idling is 'fuelish' for all sorts of reasons, yet many of us still do it. So our myth-buster is here to give you the truth.

### **Starting and stopping my engine frequently will cause more pollution than just letting it run.**

Actually, turning off an engine and then restarting after a minute will cause less pollution than letting it run and also uses less fuel.

### **But I need to keep my battery fully charged, so I have to keep the engine running!**

Modern car batteries need less engine running time to stay charged.

### **If it's cold outside I need to keep my engine running for it to stay warm.**

Your engine will stay warm for 30-60 minutes after switching the engine off.

### **If I'm parked on a yellow line, keeping my engine running means I won't get a fine.**

Traffic wardens can fine you if you are parked somewhere you shouldn't be, whether your engine is running or not.

### **But surely it's better to idle because stopping and starting will wear out the engine?**

This is no longer a problem with modern engines.

### **But, but, but.....**

### **No ifs, No buts, No idling!**

## How can I help to clean up London's air?

There are many ways you can help. You can:

- Switch off your engine when stationary.
- Avoid making short trips by car.
- Whenever possible, walk, cycle or even scoot.

## Volunteer

We are establishing a team of volunteers to become Clean Air Champions. Twelve London boroughs are taking part in this project and will be coordinating action events once a month at idling hotspots. Teams of volunteers – concerned citizens, local business employees and project staff – will be taking part in the events and helping with the education of motorists and pedestrians alike.

If you would like to become a volunteer in your borough, please sign up:

**Visit: [idlingaction.london/volunteers](http://idlingaction.london/volunteers)**

For more information:

**Visit: [idlingaction.london](http://idlingaction.london)**

**Twitter: [@idlingaction](https://twitter.com/idlingaction)**

**Tweet: [#Noldling](https://twitter.com/idlingaction)**

There are 12 London boroughs taking part in this project: Camden, City of London Corp, Enfield, Hammersmith & Fulham, Harrow, Islington, Kensington & Chelsea, Lambeth, Southwark, Tower Hamlets, Wandsworth and Westminster.

# Switch off your engine for cleaner air



## Air pollution in London

Poor air quality is a major concern for Londoners. Our air contains high levels of pollution, including gases such as nitrogen oxides and particles known as 'particulate matter', which are harmful to human health.

Traffic is one of the major causes of pollution in London. Some journeys cannot be helped, but idling – leaving your engine running while stationary – creates pollution and is usually unnecessary.

So putting a stop to idling is a simple way we can all help to clean up the air that we breathe.

## How does pollution affect your health?

Pollution can have a serious impact on your health. There are nearly 10,000 deaths every year in the capital as a result of our poor air quality. What's more, children's growing lungs are particularly vulnerable to air pollution, and it's thought that pollution could be responsible for between 15-30% of new cases of childhood asthma.

### How can I reduce the impact pollution has on me?

Research has shown you breathe in less pollution when walking or cycling compared to travelling in a car. You can further reduce your exposure to air pollution when walking or cycling by:

- Choosing routes without too much traffic.
- Planning a low pollution route using the [walkit.com](http://walkit.com) website, CityAir App or [cityairapp.com](http://cityairapp.com).
- Signing up to the AirTEXT ([airtext.info](http://airtext.info)) service which will send you an alert when pollution levels are high.