



## WHY SHOULD I TURN MY ENGINE OFF?

**1** Idling is illegal!

Idling releases **more carbon dioxide (CO<sub>2</sub>)** than when the car is moving, and contributes to global warming

**2**

**3** Idling is **not an effective way** to warm up your vehicle, the best way to do this is to drive

1 minute of idling produces **150 balloons** of harmful pollutants

**4**

**5** 10 minutes of idling produces about the same pollution as a half-mile of driving

10 seconds of idling wastes more fuel than restarting your engine

**6**

**7** Idling **can damage engine components** since fuel is only partially combusted and this leads to the build up of residues on cylinder walls

Breathing exhaust fumes can damage brain cells, increases the risk of cancer, strokes and dementia

**8**

**9** Turning off the car **sets a good example** for your children and other passengers

# MYTHS ABOUT VEHICLE IDLING...

## MYTHS



## FACTS



If it's cold outside I need to keep the engine running to keep the heater on.



If you switch the engine off when you park and keep the ignition on, the heater should stay warm for up to 30 minutes.

If I keep the engine running I am not doing anything wrong legally.



Rule 123 of the Highway Code states that drivers must not leave a parked vehicle unattended with the engine running or leave a vehicle engine running unnecessarily while that vehicle is stationary on a public road.

Stopping and starting will wear out the engine.



This is no longer a problem with modern engines and by not idling you will use less fuel and reduce your fuel costs.

Starting an engine causes more pollution than idling.



Turning off an engine and restarting it after a minute or longer causes less pollution than keeping the engine idling. Kings College Research shows that air pollution can be reduced by 36% on anti idling action days.



**Clean Air**  
For Leamington Spa

For more information visit our website  
[www.cleanairforleamingtonspa.co.uk](http://www.cleanairforleamingtonspa.co.uk)

or contact us at [cleanairforleamingtonspa@gmail.com](mailto:cleanairforleamingtonspa@gmail.com)