

3 reasons not to idle

It pollutes the air with toxins



Pollution affects everyone's health, young and old

It just wastes fuel – your money's going up in smoke!



No idle threat!

It is against the law to idle your engine unnecessarily. You could be issued with a fixed penalty notice and have to pay a fine!

What can YOU do?



- Don't use the car unless you have to! It's healthier to walk or cycle – and saves you money!
- Switch off your engine if you are parked for more than 10 seconds. It uses less fuel than leaving the engine running
- Don't idle while waiting – whether outside school, in a car park, at the shops or anywhere else!

Don't idle – spare the air!

Find out more at
www.brent.gov.uk/airquality

Produced for Transportation, Brent Council (www.brent.gov.uk)
For more information on air quality initiatives, or to order more copies of this leaflet or other road safety materials, please contact:
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You must be choking!

Air pollution contributes to 9500 early deaths in London every year

Don't idle!



Car trouble!

Most air pollution in London is produced by traffic. The pollution is a mixture of dangerous gases such as carbon monoxide and nitrogen dioxide, as well as microscopic particles that get into your lungs – and even into your blood.

Experts say it's causing all kinds of health problems. From annoyances such as sore eyes and coughs to other much more serious, long-term illnesses. For example:

- Asthma
- Lung Disease
- Bronchitis
- Cancer

It may seem an idling engine in a stationary car isn't really part of the problem, but it is. That's because an idling engine can produce twice as many exhaust emissions as a car that's moving.

And if you are outside or near a school, those emissions are that much nearer children's lungs, just waiting for them to be breathed in...

“Children living and attending school in highly polluted areas are more likely to have damaged lungs when they grow up”

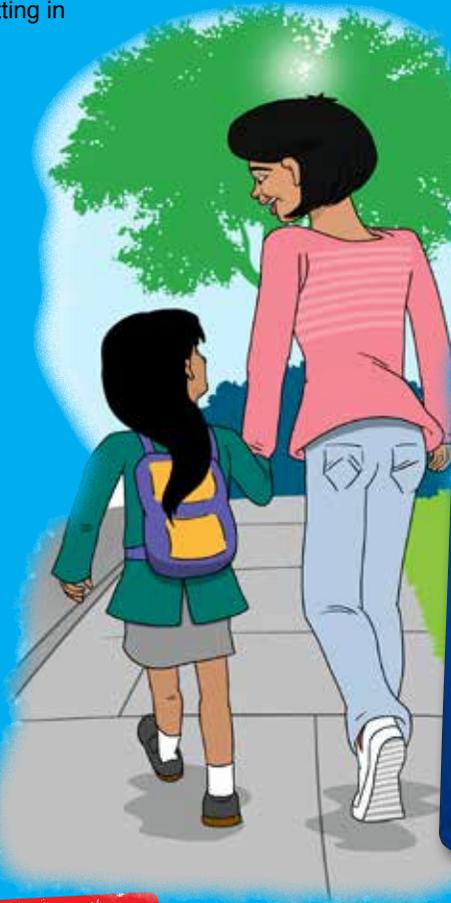
Want to avoid air pollution?

Here's the good news – you and your children are better off walking, scootering or cycling, than being in a car!

Experts state that people sitting in a car face up to three times as much air pollution as those walking on the pavement. It's because they are sitting in the exhaust fumes of the car in front.

*Teachers say children who walk or cycle to school arrive more relaxed, alert and ready to start the day than those who travel by car**

Did you know?
Turning an engine off and on again causes less pollution than keeping the engine running



MYTH BUSTER!

“But I need to keep the car engine warm!”

FALSE: No, you don't! It can take up to an hour for an engine to cool down. Idling doesn't help.

If idling really is necessary for temperature control, make sure you don't idle for more than five minutes

“Cycling is much worse because you are in the traffic fumes!”

FALSE: Actually, cycling is better for you than driving because the air intake of a car is at the same level as the exhaust of the car in front.

“A catalytic converter needs to be hot to work properly. So I need the engine on”

FALSE: OK, the first part is true but an idling engine won't keep a catalytic converter warm. Besides, they retain their heat for about 25minutes after an engine is switched off, anyhow.

Make a pledge!

It's easier when everyone is in it together. So, why not make a pledge with your children, like the one below? Stick it up somewhere you can all see it, every day, such as the fridge. That way, none of you will forget!

Get someone else to witness your pledge – such as your child's teacher!

I, John Smith, hereby pledge that I will turn off my vehicle engine on or near school grounds and anywhere else I might be waiting in my vehicle.

Signed parent: *John Smith*

Witnessed by child: *Joanna Smith*

Date: *20 May 2017*