



No Idling Toolkit

Idling is leaving a vehicle's engine running when parked and is a significant contributor air pollution. Whether it's waiting to pick up a friend, the kids from school, or warming up the car on a cold morning, switch off your engine when it's stationary.

Here are some reasons not to leave your engine idling:

1. Switching off the car saves gas and money. In fact, today's engines warm up best by easing into driving and avoiding excessive engine revving. No need to idle before starting your journey.
2. It also saves the planet because every 10 minutes of idling contributes one pound of carbon dioxide to the atmosphere.
3. Idling can be a risk to your health as it's linked to increases in asthma, allergies, and heart and lung disease -- and a lot of vehicle idling occurs near schools. In addition, breathing exhaust fumes from idling cars can damage brain cells.
4. Idling the engine may damage internal components.
5. Sitting in an idling car causes you to breathe dirty exhaust that leaks into the passenger cabin. It's better to get out and move away from vehicle emissions.

What can be done:

1. Establish No Idling policies at your place of work
2. Encourage local school districts and cities to adopt a resolution calling for the creation of idle-free zones in key locations around schools, parks, senior centers, and other places where children, older adults, and large groups of people gather.

Message to Drivers:

1. Start your car and begin your trip immediately rather than wait for it to warm up in the driveway.
2. Turn off your engine if waiting more than 10 seconds since idling for just 10 seconds wastes more gas than restarting the engine.
3. Plan ahead: set navigation, check traffic, dial or text before starting the car engine.
4. When listening to the news or a conversation on radio or a podcast before going into your destination, shut-off the engine.