



Idle Reduction Fact Sheet



Do you know that...

Exposure to traffic-related air pollution is associated with health issues such as heart disease, cancer, asthma and other respiratory diseases.¹

Children are particularly vulnerable to health issues because they breathe faster than adults and inhale more air per kilogram of body weight.²

The number of premature deaths associated with chronic exposure to air pollution is expected to rise 83% between 2008 and 2031, from about 21,000 to 39,000 deaths.³

Idling longer than 10 seconds uses more fuel and produces more CO₂ than restarting the engine.⁴ If you are stopped for more than 10 seconds, except in traffic, turn off the engine.

You do not need to warm up your engine before driving on a cold day. The best way to warm it up is to drive it.⁵

Fuel residues can condense on cylinder walls, where they can contaminate oil, foul spark plugs and damage parts of the engine, causing premature engine wear. Excessive idling also lets water condense in the exhaust system, leading to corrosion.⁶

Many Canadians idle on average 6-8 minutes per day.⁷ If 1,000 Nova Scotian drivers avoided idling for 3 minutes a day it would reduce fuel use by nearly 33,000 litres a year, saving approximately \$41,000 in fuel cost annually and reducing over 75,500 kilograms of greenhouse gas emissions per year.⁸

Do your part – reduce your idling

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Information Source: Visit www.clean.ns.ca

¹ <http://www.hc-sc.gc.ca/ewh-semt/air/out-ext/sources/transport-eng.php>

² http://www.oshawa.ca/mun_res/Anti-Idling.pdf

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http://www.cma.ca/multimedia/CMA/Content/Images/Inside_cma/Office_Public_Health/ICAP/CMA_ICAP_sum_e.pdf

⁴ <http://oee.nrcan.gc.ca/transportation/idling/5865>

⁵ <http://oee.nrcan.gc.ca/transportation/idling/914?attr=8>

⁶ <http://www.pamz.org/resources/education/idle-free/>

⁷ <http://oee.nrcan.gc.ca/transportation/tools/calculators/Idling/idlingimpact-individual.cfm>

⁸ Calculations: <http://oee.nrcan.gc.ca/transportation/idling/5792> x 1,000 drivers and fuel cost of \$1.25 per litre