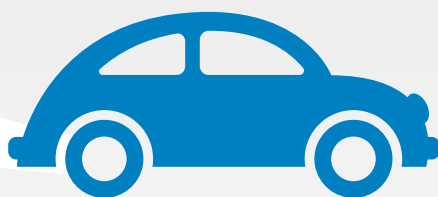


# Switch off your engine

Idling is leaving your vehicle's engine running. Turn off your engine when parked, loading or waiting at the roadside as vehicle fumes can damage your health and the environment.

PARTICULATE MATTER  
POLYCYCLIC AROMATIC HYDROCARBONS  
BENZENE  
NITROGEN DIOXIDE  
FORMALDEHYDE  
SULPHUR DIOXIDE



## 4,300

equivalent numbers of deaths caused each year from exposure to London's air pollution. Don't contribute.



Is it better to idle the vehicle as turning the engine off and on wears it out?

No. Ignitions in modern cars have eliminated this problem. Idling dirties your engine with incomplete combustion increasing wear and tear. Maintaining your vehicle is important for preventing breakdowns and reducing air pollution.



## 9.9million

drivers in London. The biggest exhaust fume contributors are:

- cars
- HGV's
- buses
- coaches
- LGV's
- taxis
- motorcycles



Does the engine need to stay on to keep the battery fully charged?

No. Modern batteries need less engine running time. Motorists rarely need to carry jump leads. The AA has advice on [how to prolong battery life](#).

## Over 1 minute?

Switch off if you will be stopped for more than one minute



Does starting an engine cause more pollution than idling?

No. Turning off an engine and restarting it after a minute or longer causes less pollution than keeping the engine idling and uses less fuel.

## Play your part

Good times to turn your engine off include:

- Waiting to pick up passengers
- Picking up kids for the school run
- Loading and delivering goods or waiting at roadside



When it's cold I need to keep my vehicle and passengers warm or warm up my engine

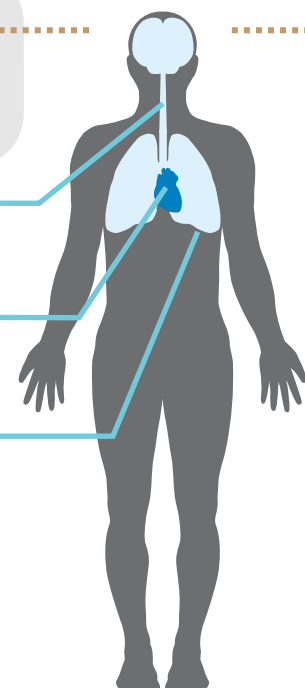
It can take up to an hour for an engine to cool down. Turning off your engine, but keeping the ignition on and the fan blowing, will provide warm air for some time. If you are concerned about passenger comfort, keep the engine idling to an absolute minimum in warm and cold weather.



## Mind your Health

Switch off for you and your family's health. Some of these health problems could be reduced by switching off your engine:

## Asthma Heart disease Lung cancer



Don't catalytic converters need to be hot to work properly?

Yes, but an idling engine does not keep a catalytic converter warm. They retain their heat for about 25 minutes after an engine is switched off anyway.



Find out more:

- ▶ [Low Emission Zone](#)
- ▶ [Clean Air Fund](#)
- ▶ [Asthma UK](#)
- ▶ [Automobile Association](#)
- ▶ [Quality Strategy](#)