



craikecovillage.ca



Craik



*Idling hurts
~your health~
~your environment~
~your pocket book~*



**No Idling Zone
Young Lungs at Work**

For an idling impact calculator and other information go to:

The Idle-Free Zone
idling.gc.ca

or

Climate Change Saskatchewan
climatechangesask.ca



Printed on re-cycled paper

Idling. Where does it get you?

Put a STOP to engine idling.



What is the health concern? Vehicle engine idling contributes particulate matter and other pollutants to the atmosphere which affect the health of people and the environment. Small particulates from vehicle engines can enter and lodge in the lungs of people and can cause assorted breathing problems.

Who is most at risk? The elderly, children and people with existing lung or heart disease, asthma and other respiratory conditions are most sensitive to air pollution. Children are more vulnerable to health problems because they breathe faster, inhale more air per unit of body weight than adults, and are still growing.



KICK THE IDLING HABIT!



Why not breathe easier without the unhealthy fumes from an idling vehicle?

1. Did you know that vehicle emissions can trigger asthma and respiratory problems, especially in children?
2. Did you know that carbon monoxide, a pollutant found in exhaust can aggravate heart disease and cause headaches and visual impairment?
3. Did you know that even though you may not see exhaust fumes, emissions are still present and unhealthy?

Why not reduce harmful emissions that contribute to climate change?

1. Did you know that global warming is caused by the growing concentration of greenhouse gas emissions in the atmosphere?
2. Did you know that in Saskatchewan, 43% of personal greenhouse gas emissions are produced by passenger vehicles?
3. Did you know that the most common greenhouse gas, carbon dioxide, is a by-product of burning petroleum-based fuel?

Why not save money and fuel by reducing idling?

1. Did you know that idling your vehicle for 10 minutes a day uses up to 100 liters of fuel in a year?
2. Did you know that 10 seconds of idling can use more fuel than turning off the engine and restarting it?
3. Did you know that excessive idling can cause build up of fuel residues that can be hard on vehicle engines?

Hints



Start driving after no more than 30 seconds of idling.

Avoid using a remote car starter.

Use a block heater to warm the engine before starting a vehicle.

If you are going to be stopped for more than 10 seconds, turn your engine off, except in traffic.

Drive as soon as possible after a cold start, but avoid rapid acceleration until vehicle has warmed up.

Use public transportation or carpooling whenever possible.

Avoid idling when making quick visits to your local school, library, post office, grocery store and other facilities.

Talk to people about the benefits of reduced idling.

Walk more.

Bike more.

