



TOOL BOX TALK

Environmental Tool Box Talk – Idling

Talk given by:

Overview

What?

Idling your vehicle when you are not driving truly gets you nowhere...

Idling reduces a vehicles fuel economy, costs money, and creates pollution. It is estimated that idling from heavy-duty and light duty vehicles combined wastes about **6 billion gallons of fuel annually**.

Idling happens when a vehicles engine is running while the vehicle is not in motion. Drivers are sometimes forced to idle in traffic, but in most situations idling is not necessary. Idling increases the amount of vehicle exhaust in the air. This exhaust contains many pollutants that are linked to asthma and other lung diseases, allergies, heart disease, increased risk of infections and cancer and other health problems. Furthermore, idling contributes to an increase in Co2 emissions; the principal greenhouse gas that contributes to climate change.

How to avoid unnecessary Idling:

- Turn off your engine if you are waiting for longer than 10 seconds (except in traffic). Contrary to popular belief restarting your engine does not burn more fuel than leaving it idling. In fact, idling for just 10 seconds wastes more fuel than restarting the engine.
- Warm up your engine by driving your vehicle, not by idling. The best way to warm the engine is by easing into your drive and avoiding excessive engine revving. After just a few seconds your vehicle is safe to drive. The vehicles engine warms twice as quickly when driven.
- Warm up the inside of your vehicle by driving not by idling. Sitting in an idling HGV/car means you are breathing in more of the dirty exhaust that leaks into the car cabin. Any warmth you may get from a car heater is not worth the damage to your health.
- Idling is harder on the engine than restarting. Frequent restarting causes only approximately £10 worth of wear-and-tear per year, whereas idling leaves fuel residues that damage engine components causing higher maintenance costs over time.
- Two minutes of idling uses the same amount of fuel as 1.6km of driving, so the message is simple – engine idling wastes fuel and gets you nowhere.

- **FACT: An idling vehicle emits 20 x pollution than travelling at 32mph**