



Idling Facts



Idling is harmful because tailpipe emissions contribute to multiple forms of air pollution, including particulate matter and those that cause the formation of ground level ozone.



Those with existing respiratory conditions like asthma, emphysema, or COPD may have their symptoms exacerbated by this kind of pollution.



Children are at especially high risk for pollution-related breathing problems. They breathe faster, inhale 50% more air per pound of body weight, and are closer to the ground (and thus tailpipes) than adults.



According to the U.S. Environmental Protection Agency, idling for more than 10 seconds use more fuel than restarting your engine.



Idling your vehicle is not an effective way to warm up your car. The best way is to drive it.



Restarting your car has little impact on its engine or battery.



Excessive idling is actually hard on engines and can damage cylinders, spark plugs and exhaust systems.



Just 10 minutes of idling per day at the drive-thru window or in the car rider lane adds up to an average of 45 gallons of gasoline a year. That's over \$100 wasted on idling.



Cleveland Department of Public Health

What You Can Do

There are things you can do to reduce the impact of idling in your community

 Take public transportation, a bike, or walk to work

 Carpool with others.

 Use the Gohio Commute Tool -- helps people find alternative transportation options, like carpooling, public transit routes, and bike routes.

Found at <https://gohiocommute.com/>

You can also advocate for less idling in your community by:

 Encouraging schools to enact idle-reduction policies for school buses and other automobiles on their campuses

 Encouraging students to educate their teachers on the health and environmental harms caused by idling

 Reviewing your employer's vehicle idling policy and get together with your coworkers to create a policy if one does not exist.

For more information, contact Mary Barnwell at
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