

THE TRUTH ABOUT IDLING A VEHICLE



TURN OFF YOUR VEHICLE TO PROTECT YOUR HEALTH AND YOUR ENGINE

5 Reasons to Stop Idling

IT SAVES FUEL

An idling vehicle burns more fuel than restarting it. Due to advances in engine technology, after just 10 seconds of idling, you waste more fuel than restarting.



**10 SECONDS OF IDLING
WASTES MORE FUEL
THAN RESTARTING**

IT'S BETTER FOR THE ENGINE

Idling damages engine components. When idling, a car's fuel is only partially combusted because the engine isn't at peak temperature. This causes fuel residue to build up on cylinder walls, which damages engine components and increases fuel consumption. This also means more frequent maintenance and shorter vehicle life. Vehicles actually warm up faster and more efficiently in motion. Just 10 seconds of warm-up is needed in warm or moderate weather and only 30 seconds in cold weather!

IT'S BETTER FOR YOUR HEALTH

While sitting in an idling vehicle, drivers are exposed to the vehicle's pollution more so than when the vehicle is in motion since there is no air flow to vent the emissions. Emissions from both mobile and stationary sources pool in the air where everyone is exposed. Breathing exhaust fumes causes airway irritation, coughing, wheezing and pain and is linked to increases in asthma, allergies, heart and lung disease, and cancer. Children are especially vulnerable because they inhale more air per pound of body weight.

IT'S PATRIOTIC

60% of oil consumed by US drivers is imported from other countries. Turning off the engine and reducing fuel waste helps create a more energy-secure future for America.

**3.8 MILLION GALLONS OF FUEL
IS WASTED BY UNNECESSARY IDLING
IN THE U.S. EVERY DAY**

THAT'S ENOUGH TO FILL FIVE OLYMPIC-SIZE SWIMMING POOLS

IT HELPS YOUR COMMUNITY & THE PLANET

Idling vehicles emit carbon dioxide, carbon monoxide, nitrogen oxide, ozone, benzene, particulate matter, and volatile organic compounds. These pollutants are a main cause of ozone depletion, and are the same gases that produce smog, soot, and acid rain. According to the American Lung Association, Salt Lake City received an "F" air quality rating in both 2013 and 2014, and only one city in Utah received a rating that was above a "C". With the air quality in Utah worsening, we all have a responsibility to take part in cleaning up our air.

Learn more: budgetutah.com/iturnitoff