

# turn it off!



For a Healthier Environment

You can help improve air quality and use energy more wisely by turning off your engine when your vehicle is parked.

- **Breathe easier** — You won't have to breathe in exhaust fumes from a vehicle that is going nowhere.
- **Spare the air** — To combat problems such as smog and climate change, we all need to use energy more wisely.
- **Save money** — Idling your vehicle for 10 minutes a day uses up more than 100 litres of gasoline in a year.

**Idling for over 10 seconds uses more fuel than restarting your engine.**

## Idling gets you nowhere



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# ready to do your part?

Natural Resources Canada's office of Energy Efficiency recommends five simple steps to reduce idling.

1. **Reduce warm-up idling** – In most driving conditions, start driving after no more than 30 seconds of idling, assuming your vehicle's windows are clear. Excessive idling is not good for your engine.
2. **Turn it off after 10 seconds** – Turn off your engine if you are going to be stopped for more than 10 seconds, except in traffic
3. **Minimize use of remote car starters** - These devices encourage you to start your vehicle before you are ready to leave, which means wasteful idling.
4. **Use a block heater** – In temperatures below freezing, use this device to warm up the engine before starting your vehicle. This will improve fuel efficiency and reduce exhaust emissions.
5. **Spread the word** – Talk to your family, friends and neighbours about the benefits of reduced idling. Encourage them to join you in reducing greenhouse gas emissions – as well as saving money, protecting the environment and contributing to a healthier community.



all it takes is  
the **turn**  
of a **key**

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The source of information for this document was taken from Natural Resources Canada document No. M27-01-2016E 2004

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