

Simple actions that all can take to help reduce air pollution

There are a number of things the public can do to help improve air quality in their area. These include:

- Reducing the use of your car and consider cycling, walking or using public transport more. 55% of car journeys are less than five miles. Many of these trips could be walked or made by bike or public transport.
- Consider car sharing. When two or more people share a car and travel together, it allows people to benefit from the convenience of the car, sharing travel costs, whilst helping to reduce congestion and air pollution.
- When using your car consider taking an 'eco-driving' approach. This can not only save you money in reduced fuel costs but also reduce emissions of air pollutants and impact on climate change. This includes:
 - Regular maintenance and servicing of your vehicle according to the manufacturers schedule to maintain the engine's efficiency.
- Making sure your tyres are inflated to the manufacturer's recommended pressures. Under-inflated tyres create more rolling resistance and so use more fuel.
- Removing unused roof racks or roof boxes to reduce wind resistance and not overloading your vehicle or carrying unnecessary weight.



55% of car journeys cover less than 5 miles!

Why not walk or cycle instead?

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There are a number of things the public can do to help improve air quality in their area. These include:

- Reducing your use of air conditioning which increases fuel consumption at low speeds.
- Avoid warming up your car while stationary this can consume more fuel and increase pollution. If you start driving immediately, the engine will reach its working temperature quicker
- Avoiding unnecessary idling of your car engine when in traffic or waiting to pick up people.
- Driving smoothly and avoiding sharp acceleration and harsh braking.
- Shifting into a higher gear as soon as possible; Maintaining a steady speed, using the highest gear possible as soon as possible between 2000rpm and 2500rpm to keep your engine working most efficiently.
- The faster you go, the greater the fuel consumption and pollution. For example, driving at 70mph uses up to 9% more fuel than at 60mph and up to 15% more than at 50mph.
- Consider purchasing a lower emissions, hybrid or electric vehicle or high efficiency petrol vehicle.
- If possible, avoid driving during the morning and evening peak times as levels of congestion and therefore air pollution will be highest.
- If stationary in a traffic jam, traffic lights or at a pelican crossing for example for over 30 seconds switch off your engine to reduce air pollution



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Other things you can do:

- ▶ Don't burn garden or domestic waste. This not only releases pollutants into the atmosphere, it can also cause a nuisance to your neighbours. All waste should be either disposed of or recycled. Details of waste and recycling facilities in Sefton can be found here <https://www.sefton.gov.uk/bins-recycling/.aspx>
- ▶ Should I burn wood? Air pollution affects the health of everyone in Sefton. Along with emissions from transport and construction, burning wood and other solid fuels can contribute to this air pollution problem. The main pollutant emitted by solid fuel burning is ultra-fine particulate matter, also known as PM2.5. This pollutant is not visible to the naked eye, so even “smokeless” fuels and appliances may be causing pollution.
- ▶ If you need to burn solid fuels to heat your home, choosing what you burn and how you burn it can make a big difference to the pollution it creates.
- ▶ Parts of Sefton are designated as Smoke Control Areas and the type of fuel and/or appliance you are allowed use is restricted in these locations. You can check if you property is in one of Sefton's Smoke Control Areas by clicking on the following link <https://www.sefton.gov.uk/environmental-protection/pests,-pollution-and-food-hygiene/pollution/smoke-control-areas.aspx>
- ▶ Open fireplaces are the most polluting way to burn solid fuels. Using a well-designed, properly installed stove or appliance can make a big difference.
- ▶ As a minimum, you should make sure that your stove meets the legal requirements, but even approved stoves can emit high levels of pollution. The Stove Industry Alliance has recently introduced the “Eco-design Ready” label.



Other things you can do:



- ▶ An Eco-design Ready stove can emit up to 80 per cent less pollution than a normal Defra approved appliance. An up to date list of these stoves can be found on the HETAS website. <https://www.hetas.co.uk/ecodesign-ready/>
- ▶ Any stove or fireplace should also be properly maintained, and your chimney should be swept regularly. If you are using an open fireplace it is recommended that you should only burn smokeless fuels. if in doubt ask your supplier.
- ▶ If you are using a stove or other appliance you can usually use normal wood as well as smokeless fuels. Usually wood that has been kiln dried or seasoned to have a lower moisture content will be much less polluting, as much as 50 per cent less pollution than emitted from burning fresh logs. Drier wood is also more efficient, producing more heat per log.
- ▶ Wood that has the Woodsure Ready to Burn label is certified to have a low moisture content, for a full list of suppliers see the list on the Woodsure website. <https://woodsurre.co.uk/>
- ▶ You should not burn old pallets, furniture or scrap wood as it may contain contaminants that can be harmful to your health and the environment.
- ▶ It is important to store your fuels correctly to make sure your wood does not get damp from the rain or damp in the ground.
- ▶ Additional information on the use of solid fuels and how to reduce pollution can be found here www.burnright.co.uk
BurnRight is a national consumer awareness campaign which seeks to address the issue of domestic combustion and unnecessary air pollution. It is particularly concerned with the issues concerning wood burning stoves.

