

Diesel Idling Facts and Myths



Myth: *Diesel engines should idle at least 5 minutes in the morning, especially in winter.*

Fact: Most engine manufacturers recommend that newer diesel engines run for no more than 3 minutes before driving.

Gelling of diesel fuel used to be a problem, but refiners have worked to resolve this issue by creating winter blends that better withstand colder temperatures.

Letting an engine idle actually does more damage to the engine than starting and stopping. Idling can cause twice the wear on internal parts compared to driving at regular highway speeds. This can increase maintenance costs and shorten the life of the engine. *Check your owner's manual to find out specific warm-up guidelines for your vehicle.*

Myth: *Idling does not waste that much fuel.*

Fact: An hour of idling time consumes approximately a gallon of diesel fuel. Idling increases both fuel and maintenance expenses.

Myth: *Diesel exhaust doesn't hurt anyone.*

Fact: Diesel exhaust contains more than 40 chemicals and compounds that are detrimental to human health. Health studies correlate exposure to exhaust and increased lung cancer rates in occupational settings. Laboratory studies also provide evidence that diesel exhaust is a likely carcinogen.

Health effects of diesel exhaust are both acute, from short-term exposure, and chronic, from long-term or repeated exposure. Acute exposure to diesel exhaust can irritate the eyes, nose, throat and lungs and cause lightheadedness. Chronic exposure can have more severe health effects that occur when a person has repeated exposure to diesel exhaust fumes.

Myth: *Idle reduction technologies are not cost effective.*

Fact: Idle reduction technologies that save fuel or increase efficiency can pay for themselves through fuel savings – some in less than 2 years. From that point, fuel savings are pure profit.