



**WORLD ENVIRONMENT DAY**



**Beat Air Pollution**

## Our Top Tips for reducing your exposure and minimising your impact...

### 1. Avoid the car

This is one of the easiest changes to make and will dramatically reduce your impact on air pollution. **69% of all UK car journeys are short ones**, so thinking before you drive and instead choosing to walk, cycle or use public transport can make a massive difference.



### 2. If you do drive, switch off your engine when stationary -

If your engine is going to be off for one minute or longer, it is less polluting to turn the engine off and restart it than to leave it running. Not only is engine idling terrible for air quality, producing up to twice as many exhaust emissions as a moving engine, but it is also a waste of fuel and money.

### 3. Think before you order

Workplaces in the city report that around half of their deliveries are personal parcels for staff – that's a lot of extra vans on the road! Instead, choose delivery to a Click and Collect service such as Collect+ and try to group online purchases to reduce amount of deliveries needed.



### 4. Digital meetings

Do you really need to travel somewhere for that one hour meeting? With technology such as Skype now widely available, consider whether your meeting could be done via conference call or video.

### 5. Take the quieter route

Taking quieter routes can reduce your exposure to air pollution dramatically; in London, for example, you can reduce your exposure to polluted air by 30-60%.

Try downloading the app City Mapper and selecting the 'quiet route', or use the Mayor of London's Clean Air Route Finder.



### 6. Power of plants!

In 1989 a NASA study discovered the potential of many houseplants to cleanse the indoor air of toxins and pollution - get some of these to naturally improve the air quality in your home.

### 7. Consider how you clean

Many cleaning products release dangerous chemicals, such as volatile organic compounds (VOCs), ammonia and bleach. Vacuuming regularly, using cream instead of sprays and choosing mild cleaning products free from fragrances, such as these products from Ecover or any of these non-toxic suggestions can reduce the amount of indoor air pollution caused by cleaning.



### 8. Consume less energy

Burning of fossil fuels to create our energy is a major contributor to air pollution. One of the best things you can do to make a wide-scale impact is making an effort to use less energy or even switch to a renewable energy supplier, such as Bulb.

## And in construction...

### 1. Discourage engine idling

As well as dramatic improvements to air quality through stopping idling, there are huge health and financial benefits – fleet operators implementing anti-idling measures can expect average fuel savings of 1-5%. Read through this handy guide from the Fleet Operator Recognition Scheme for more facts about engine idling.



### 2. Manage site deliveries

Use delivery management systems and communicate with suppliers and drivers to manage and plan deliveries to minimise transport and reduce traffic through communication. Further guidance can be found in this guide from the Considerate Constructors Scheme.

### 3. Minimise dust

Ensure good housekeeping to maintain a dust free site, implementing methods of dust prevention such as dampening down, dust suppression for dusty activities and covering waste and soil on and when leaving site. Further guidance for controlling dust from the HSE can be found here.



### 4. Procure sustainably

Follow sustainable procurement policies such as locally sourcing materials and plant and choosing paints with low or zero VOC contents.

### 5. Consider air quality within design

Make buildings more efficient, reducing heating needs and incorporating renewable energy. The BRE outlines considerations that can be made during the design in their guide 'Ensuring good air quality in buildings'

