

The Truth About Idling Your Engine

M = Myth
F = Fact

- M** It is good for an engine to idle.
- F** Idling reduces engine life by up to 20%.
- M** An engine uses more fuel when stopped and restarted than while idling.
- F** Idling for more than just 10 seconds uses more fuel than restarting your engine. Idling your engine gets you zero miles per gallon.
- M** Stopping and restarting your engine creates more air pollution.
- F** Idling produces twice as much pollution as stopping and starting your warmed-up engine.
- M** Idling your engine is the best way to warm it up.
- F** The best way to warm up your vehicle is to drive it. Modern engines need no more than 30 seconds of idling before driving, even on the coldest winter days. Driving a vehicle cuts warm-up times in half.
- M** Stopping and restarting your car is bad for your engine.
- F** Restarting has little impact on the engine, battery or starter. While idling, your engine isn't working at peak operating temperature. Fuel doesn't completely combust, leaving spark plugs dirty and contaminating the oil.

* Facts apply to gas engines, not diesel