



Saving fuel isn't all about money...reducing fuel consumption also reduces emissions. Below are some simple tips to save on fuel while driving.



SWITCH OFF WHEN STATIONARY

IDLING is where an engine is left running unnecessarily while stationary. Excessive idling can lead to a significant waste of fuel and an increase in harmful pollutants (CO₂, NO₂, PM_{2.5}) into the immediate environment.

According to the SEAI, cars typically burn **0.5-2 litres per hour** idling. Modern cars turn off the engine for you – don't override this.



SLOW DOWN!

Wind resistance is the biggest user of fuel once you go above **60kph**. The faster you go the more fuel you use! The slower you go the more fuel you save and the safer it is for everyone.



CHECK YOUR TYRE PRESSURE

If your tyres are under-inflated by 25% it could cost you **1.5% extra in fuel cost**. Using the most fuel-efficient tyres and keeping it properly inflated can save you 5% in fuel use and extend the life of the tyres.



LOSE EXTRA WEIGHT

Removing a roof rack reduces wind resistance and can reduce fuel consumption by up to 5%.

Emptying the boot could save you money. Extra-weight increases fuel consumption. For example, according to the SEAI, 'adding a load of 60kg is estimated to increase fuel consumption by 2%'.



ONLY USE WHAT YOU NEED

Air-conditioning, heated windows, mirrors and seats all use fuel for power. Reducing the use of these can save you fuel.

THINK ABOUT...

- **Your journey** – do you need to drive? Could you walk, cycle, take the bus/train instead?
- **Cost** - Diesel & Petrol prices continue to rising steadily in Ireland. It makes sense to use it efficiently
- **Air pollution:** Older diesel vehicles are the largest single emission sources for NO_x and particulate matter. Saving fuel reduces emissions and improves air quality
- **Health:** Air pollution is a contributory factor in approximately **1,410 premature deaths** per year in Ireland (WHO)
- **Environment:** NO_x and particulate matter contribute to acid rain, and global climate change. Reducing fuel consumption reduces emissions

LEARN MORE

The [SEAI Energy Academy](https://www.seai.ie/energy-academy) offers free online training courses in eco-driving. Find out how to save fuel by visiting the link.

COST OF IDLING



WHAT IS IDLING?

IDLING is where an engine is left running unnecessarily while stationary. This releases harmful pollutants (CO₂, NO₂, PM_{2.5}) into the immediate environment and wastes fuel.

WHY IS IT AN ISSUE?

Nitrogen dioxide is an air pollutant primarily associated with transport emissions.

This negatively effects basic health, as well as adding to the risk of heart and lung disease, and lowering life expectancy. The cost of idling is therefore not just financial but carries health costs too.

Idling is a significant issue in urban areas due to higher vehicle density and even more so around **schools where idling is prevalent** and buses and private vehicles are continuously observed to idle unnecessarily.

IDLING SURVEY 2023

In mid-November 2023, Green-Schools Travel Officers completed idling surveys with participating schools nationwide. Preliminary results indicate that **31.8%** idled for >10minutes. One school recorded an idling time of **25 minutes**.



31.8%

Idled for >10minutes

Idling is not just isolated to private cars; bus idling is also a serious problem outside schools. For example, a school in Waterford observed that a school bus idled for **38minutes**.

THINK ABOUT

According to the SEAI¹, cars typically burning **0.5-2 litres per hour** idling.

Let's work it out...

A car idling for 10minutes outside a school every day at drop off times throughout the school year.

Time	Primary 183 Days	Secondary 167 Days
10 min Idling	30.5 hours (1830 mins)	27.8 hours (1670 mins)

Taking the lower and upper levels of the range (l/hr) estimated to be burned while idling

Fuel burned/hr	Primary	Secondary
0.5 litres	15.25 litres	13.9 litres
2 litres	61 litres	55.6 litres

Taking the calculated volume of fuel burned while idling and matching them with fuel prices in October 2023². Estimated costs for 10 minutes idling at drop off times are as follows:

Type	Fuel burned l/hr	Primary	Secondary
Petrol €1.72/l	0.5 l/hr	€26.2	€24
	2 l/hr	€105	€95.6
Diesel €1.67/l	0.5 l/hr	€25.5	€23.2
	2 l/hr	€102	€93

What about **pick up times**? How much could you save by 'switching off'?

LEARN MORE

Visit www.greenschoolsireland.org for more information on no-idling

Seachtain Um Aer Glan Bileog Eolais Breosla a choigilt, Ídigh na hAstaíochtaí



CAW!
#CleanAirWeek



Tá níos mé ná cursaí airgid i gceist le breosla a choigilt... ídítear ar astaíochtaí chomh maith! Seo a leanas roinnt nodanna chun breosla a choigilt agus tú i mbun tiomáint.



CAS AS AN INNEALL NUAIR ATÁ SÉ SEASMHACH

Is í atá i gceist le RÉCASADH ná an ligeant ar an inneall feidhmiú gan chúis agus an carr seasmhach. Le n-iomarcach do Réchasadh, bíonn cur amú breosla agus méadú gan ciall ar scaoileadh na hastaíochtaí truaillithe (CO, NO₂, PM_{2.5}).

De réir an SEAI, dónn carranna 0.5 – 2 litreach san uair ag réchasadh. Sna carranna nua aimseartha, castar as an ineall duit, glac le seo!



MOILLIGH SÍOS!

Is í an fhriotaíocht gaoithe an cúis is mó le cur amú breosla agus tiománaí ag dul ar luas níos mó na 60k an uair. Is ionann cé chomh tapaigh is a théinn tú agus an méid úsáid an bhreosla. Moilligh síos agus beidh coigilt ar mhéid an bhreola a úsáidtear agus beidh sé níos sábhailte do chách.



Déan seic ar BHRÚ NA BOINN AEIR

Muna bhfuil an brú i gceart ar na mbonn aeir agus fiú easpa brú de 25%, d'fhéadaigh ardú **1.5% teacht ar do chostas bhreosla!** Ag úsáid na mbonn is éifeachtaí agus á coinneáil teannaithe, d'fhéadfá 5% a choigilt ar chostas bhreosla agus leanfaidh ré na boinn níos faide leis.



BAIN MEÁCHAN ÓN gCARR

Laghdaítear méid an fhriotaíocht gaoithe má **bhaintear an raca dín**, agus coiglíonn sé suas go **5%** ar bhreosla.

Bíodh **búit folamh** agat agus coiglítear airgead. De réir an SEAI, cuireann meáchan 60kg le méadú 2% ar chostas bhreosla.



USÁID CAD TÁ AG TEASTÁIL AMHÁIN

Úsáideann **aerchóiriúchán, fuinneog agus suíochán téamhaithe agus soilse breosla** an chairr mar cumhacht. Laghdaigh ar an úsáid agus coiglítear bhreosla.

Smaoinigh faoi...

- **D'Aistir:** an bhfuil gá leis an gcarr? An féidir leat siúl, bheith ar do rothar, an bus nó traein a thógáint?
- **Costas:** Tagann ardú ar phraghsanna Díosal & Peitreal go rí minic in Éirinn. Déanann sé ciall breosla a úsáid go héifeachtach.
- **Truailliú Aeir:** Is iad na seana carranna díosal an fheithicil is mó le lucht na hastaíochtaí nimhneach a scaoileadh san aer ar nós NO_x agus ábhar caithníneach.
- **An tSláinte:** Cuireann truailliú aeir le **1700 luathbás** gach bliain in Éirinn (WHO).
- **An Comhshaol:** Cuidíonn Nox agus ábhar caithníneach le baisteach aigéadach agus an téamhú domhanda.

Tuilleadh Eolais

Tá traenáil saor in aisce ar fáil ar líne ag an Acadamh Fuinnimh SEAI faoi conas tiomáint go héiceabhách. Aimsigh conas breosla a choigilt.



Cad is Réchasadh ann?

Is í atá i gceist le réchasadh ná an ligeant ar an inneall feidhmiú gan chúis agus an carr seasmhach. Scaoiltear truailiú nimhneach (CO₂, NO₂, PM_{2.5}) amach agus cuireann sé breosla amú.



Cén fáth gur fadhb í seo?

Is truailleán aeir é Dé-ocsaíd Nítrigine a thagann go príomha ó astaíochtaí taistil. Bíonn drochthionchar ar shláinte an duine ag cur le baol galair croí agus scámhóga. Bíonn costas ar shláinte an duine le réchasadh.

Is fadhb mhór í an réchasadh i gceantar uirbeacha de bharr leibhéal suntasach na ngluaisteáin ach go háirithe thart ar cheantar scoile.

Suirbhé Réchasadh 2023

I Mí na Samhna 2023, Rinne Oifigigh Taistil Clár na Scoileanna Glasa suirbhé ar réchasadh le scoileanna timpeall na tíre. Theaspeáin na réamhthorthaí dúinn go raibh **31.8%** ar réchasadh ar feadh >10 nóiméad. Thairfead scoil éigin tréimse réchasadh do **25** nóiméad.



31.8%

Réchasadh > 10 nóiméad.

Ní dhéanann carranna aonair amháin an réchasadh ach is cás dáiríre é réchasadh an mbus leis. Mar shampla, chonaic scoil amháin i bPort Láirge go raibh bus ar réchasadh ar feadh **38 nóiméad**.

Smaoinigh faoi...

De réir SEAI, dóann carranna **0.5- 2 litre** breosla an uair ar récasadh

Oibróimís amach é...

Oibróimís amach é... Samhlaigh carr ar réchasadh ar feadh 10 nóiméad lasmuigh den laithreán scoile, gach lá ar feadh bliain.

Am	Bunscoil 183 lá	Méanscoil 167 lá
10 nóiméid ar récasadh	30.5 uair (1830 nóiméid)	27.8 uair (1670 nóiméid)

Ag úsáid an leibhéal is ísle agus an leibhéal is airde (l/hr) a dóigh ar récasadh.

Breosla a dhóigh / uair	Bunscoil	Méanscoil
0.5 litre	15.25 litre	13.9 litre
2 litre	61 litre	55.6 litre

Ag tomhais toirt an bhreosla a dóigh ar récasadh agus ag cur praghsanna breosla ó Dheireadh Fómhair 2023², seo a leanas meastachán ar chostas récasadh.

Cineál bhreosla	Breosla a dhóigh/ uair	Bunscoil	Méanscoil
Peitreal €1.83/l	0.5 l/hr	€27.9	€25.4
	2 l/hr	€111.6	€101.7
Díosal €1.84/l	0.5 l/hr	€28.1	€25.57
	2 l/hr	€112.2	€102.3

Smaoinigh ar teacht chun na scoile agus ag bailiú ón scoil. D'fheadfá airgid a choigilt leis an gcarr a múchadh!

Tuilleadh Eolais

Téigh ar www.greenschoolsireland.org chun tuilleadh eolais a fháil ar récasadh