

## Doing Your Bit



The Council alone cannot make the air we breathe less polluted, all of us must look at our lifestyles and the way we use our cars. The following top tips will help you and your family contribute to improved air quality and probably save you money too!

- **Try and do all your trips in one journey.** A cold car engine pollutes up to 5 times more than when it is warm
- **Share a car or start a car pool**
- **Have fun!** Ride a bike or walk for short journeys rather than take the car. Walking and cycling are easy ways to get exercise and improve your health as well as improving air quality
- **Care for your car.** Regular maintenance, changing the oil and checking tyre pressure can reduce exhaust emissions, improve mileage, extend your car's life and resale value
- **Don't fill your car right up to the top of the tank.** It releases petrol fumes into the air and cancels the benefits of the pump's anti-pollution devices
- **Drive more efficiently,** for example avoid rapid acceleration and heavy breaking as both increase fuel consumption and therefore pollution. Keep your speed down.
- **Think about emissions** when you purchase your next vehicle as some vehicles pollute more than others. There is a lower annual tax on lower polluting vehicles.



- **Government grants are available** to purchase electric and cleaner vehicles.
- **Diesels emit more emissions than petrol cars.**

## How Can I Find Out More About Air Quality and Pollution Levels in Aberdeen?

For local and national air quality updates:  
[www.scottishairquality.co.uk](http://www.scottishairquality.co.uk)  
[www.aberdeencity.gov.uk/airquality](http://www.aberdeencity.gov.uk/airquality)

The latest Air Quality Report is available on the Council's website under 'Air Quality'



Cleaner **Air** FOR ABERDEEN

### For more information contact;

Aberdeen City Council  
Protective Services  
03000 200 292  
E. [poll@aberdeencity.gov.uk](mailto:poll@aberdeencity.gov.uk)  
[www.aberdeencity.gov.uk](http://www.aberdeencity.gov.uk)

Air pollution causes up to 40,000 premature deaths in the UK every year.



## Why is Air Quality Important?

Urban air pollution is certainly not a new problem. The burning of coal in homes and industry during the 18th, 19th and early 20th centuries often created dense smogs and caused the death rate to rise dramatically. Although we no longer experience these devastating smogs, air quality still has an important impact on health.

## Health Effects of Poor Air Quality

If your health is good, the level of air pollution usually experienced in the UK is unlikely to have any serious short-term effects, but on rare occasions when pollution levels are high, some people may feel eye irritation, others may start to cough or have difficulty breathing.

Those likely to be more sensitive include people who suffer from heart and lung disease, including asthma and bronchitis, especially young children and the elderly.

Poor air quality reduces life expectancy on average by 6 months and cost up to £20 billion per year to the Health Service.

## What is Air Quality like in Aberdeen?

In Aberdeen there are over 55 sites where the Council monitors air quality. These include simple measuring devices and 6 highly sophisticated automatic monitoring sites that work 24 hours a day, 7 days a week. The automatic monitors measure Nitrogen Dioxide (NO<sub>2</sub>) and Fine particles (PM<sub>10</sub> and PM<sub>2.5</sub>) and are located at Union Street, Market Street, Anderson Drive, Errol Place, King Street and Wellington Road.

Air quality in most parts of Aberdeen is good and unlikely to cause any major health problem.

However there are hot spots of raised nitrogen dioxide, PM<sub>10</sub> and PM<sub>2.5</sub> levels around busy roads and particularly in the city centre. The raised pollution level is caused by traffic congestion and the number and type of vehicles on our roads.

## What is the Council doing to Improve City Centre Air Quality?

If an air quality objective is exceeded, or predicted to be exceeded, then the authority must declare the affected area an Air Quality Management Area (AQMA).

The Council has declared the following AQMA's due to Nitrogen Dioxide (NO<sub>2</sub>) and Particulate Matter (PM<sub>10</sub>) exceedances:

- Part of city centre
- Anderson Drive/Haudagain/Auchmill Road corridor
- Wellington Road (Queen Elizabeth II Bridge to Balnagask Road)

The Council's Air Quality Action Plan 2011 sets out measures to improve air quality. These include:

- Uptake of less polluting vehicles
- Development of Green Transport Plans
- Improved cycling and walking provisions
- Pedestrianisation of Union Street
- Improved traffic management
- Reduce car dependency
- Increased awareness of air quality issues

