



## 1. H Health effects of air pollution 空氣污染對健康的影響

交通廢氣是台灣市區空氣污染主要的來源。這些污染對空氣品質跟民眾健康有很大的影響。<sup>1</sup> 交通造成的空氣污染對健康的影響很多，包括“心血管疾病，哮喘，慢性肺疾病，肺癌和糖尿病”<sup>2</sup> 呼吸困難，過敏性疾病，對懷孕和生育的問題，對男性生育能力的影響，致死的風險，心肺問題，增加心臟發作的可能性，並改變自律神經系統。<sup>3</sup> 怠速時車內的通風不良會導致毒性污染物的累積。<sup>4</sup> 車輛怠速時造成的污染比車輛行駛中造成的污染多很多倍。<sup>5</sup> 摩托車跟機車造成的污染通常比汽車造成的污染還要多。<sup>6</sup> 小孩特別容易受到空氣污染的傷害。<sup>7</sup> 很多父母跟校車司機接送小孩子時會怠速。因此學校附近是怠速污染的重點區域。<sup>8</sup> **結論：怠速是一個嚴重的問題。改善學校區怠速的問題是特別重要。**

## 2. A Acceleration of global warming 加速地球暖化

怠速超過 10 秒鐘比重啟引擎更耗油，二氧化碳排放量更大。<sup>9</sup> 每燃燒一加侖汽油會產生 25 磅二氧化碳跟其他暖化氣體。<sup>10</sup> 一輛車怠速五分鐘就會產生 0.25 公斤（271.4 克）以上的溫室氣體。<sup>11</sup>

## 3. N Noise pollution 噪音污染

怠速會產生噪音。根據研究，交通噪音對小孩子的身心健康有負面影響<sup>12</sup>，也會影響工作品質，影響體內的生物化學機制，也會容易緊張，血壓升高，跟加速脈搏頻率。<sup>13</sup>

## 4. D Depletion of natural resources 自然資源的消耗

汽車怠速一小時會消耗 1/5 到 7/10 加侖的汽油。柴油卡車怠速一小時會燃燒一加侖左右的汽油。<sup>4</sup>

## 5. S Savings loss 金錢損失

估計在美國如果能減少怠速一輛車，一年內可以節省 \$ 70 到 650 美元（NT 1,824 到 NT 19,761: 2014 年 1 月的匯率）。<sup>4</sup> 估計在英國如果能減少怠速每年就可讓公司節省 33 億英鎊（NT 1648.8 億: 2014 年 1 月的匯率）。<sup>14</sup> 怠速比重新發動更會傷害引擎。低速運轉(怠速)造成內部零件的磨損是平常速度駕駛的磨損的兩倍，因此怠速會增加保養成本，也會縮短引擎的壽命。<sup>15</sup>

**Save the Earth. The key is in your hands.  
愛護地球。關鍵掌握在你手裡。**

### Information sources 參考資料

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