

CLEAN AIR DAY

20 JUNE 2019

Poor air quality is estimated to account for up to 36,000 early deaths in the UK each year.

The health effects of poor air quality include:

- Respiratory diseases (such as asthma)
- Cardiovascular problems

There are also links with:

- Cancer
- Stroke
- Heart disease
- Diabetes
- Dementia

How can you make a difference?



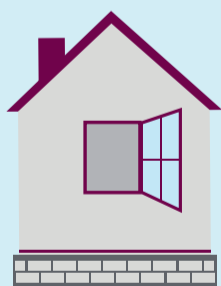
1. Change the way you travel:

- Avoid making car journeys if you can – consider public transport, or better still, walk or cycle to reap the health benefits!
- If you can't avoid a car journey, try to car-share where you can, or travel smarter by combining several journeys into one trip.
- Switch off your car engine when stationary.
- Keep tyres properly inflated and vehicles maintained.
- Drive smoothly – avoid hard acceleration and anticipate braking (even electric cars emit brake particles).



2. Consider how you heat your home and cook:

- Use electrically-powered appliances where possible – followed by gas. Avoid wood-burning.



3. Reduce exposure inside your home:

- If you have to use household sprays, cleaners, paints etc. then ventilate rooms well during and after.
- Avoid burning scented candles.

For more information, please contact
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