



Fact Sheet

South Carolina Department of Health and Environmental Control • www.scdhec.gov

Take a Break from the Exhaust

S.C. DHEC's Bureau of Air Quality has offered the *Take a Break from the Exhaust (TABFTE)* program to state and local governments, industry, and interested groups since 2002. The program helps track behavior changes in groups of people who are interested in reducing pollution and vehicle miles traveled (VMT's) from mobile sources. The program enables users to track the amount of VMT's reduced and also take credit for the total amount of NO_x, PM, CO, and NMOG's (Non-Methane Organic Compounds) estimated emissions reduced. This information is used by the Bureau of Air Quality to report air pollution reductions to the EPA.

So, what's the *point*? TABFTE tracks behavior changes by assigning **points** to a variety of activities. Activities done on ozone action days receive double points! These points are tallied individually and as a **team** allowing groups within a company to participate in a friendly competition to see which group can reduce the most emissions.



Daily activity options for TABFTE points

Each day you will be asked to record your activities to reduce ground level ozone from the previous day. The following is a list of options you are given along with their point's values and definitions:

- **Ridesharing (3 pts):** When two or more people share a vehicle to ride to work (carpooling).
- **Telecommuting (2 pts):** Working from home.
- **Flex-scheduling (1 pt):** Flex-scheduling, to help air quality and traffic congestion, allows the participant to commute to and from work during off-peak hours so they are not using their vehicles during peak traffic hours (7:00-9:00 AM and 3:30-6:00 PM). An example flex schedule would have the employee at the office by no later than 7:00 AM and leave the office by no later than 3:30 PM, or one may choose to be into the office no earlier than 9:00 AM and leave no earlier than 6:00 PM.
- **Biked to/Walked to/Stayed in for lunch (2 pts):** Just as described...Did not take any kind of motorized transportation to/from lunch.
- **Rideshared/Used Mass Transit for lunch (1 pt):** When two or more people share a vehicle to go to lunch, or utilizing mass transit (bus, trolley) to and from your workplace to lunch.
- **Alternate Work Schedule (AWS) adjustment (2 pts):** "AWS" may not apply to some groups. AWS is when you work extra hours during your regular schedule, enabling you to take a day off during an ozone action day.
- **Mass Transit to/from work (4 pts):** Utilizing mass transit to and from your workplace.
- **Biking or walking to/from work (5 pts):** Walking or riding a bike to and from your workplace.
- **On annual/sick leave/holiday (0 pts):** Not going into work due to vacation or medical reasons.
- **Unable to participate (0 pts):** Being unable to participate in any of the ground-level ozone reducing options offered through the TABFTE program.
- **Other (0 pts):** Option to specify what other actions you took for consideration during the TABFTE program.

You'll also be asked **how many miles do you think you saved?** This allows staff to have a quantitative measure of our actions. It is an *estimate* of the number of miles you didn't drive because of the choices you made.

The program is free, easy to use, and operates via the internet. The Program can also be tailored to track additional behavioral changes that you create yourself. You can also remove any of the "default" options mentioned above.

For more information, visit: <http://www.scdhec.gov/environment/baq/TABFTE>

If you have questions, comments, or are interested in having your organization participate in the *Take a Break From the Exhaust* Program, please contact Jack Porter (803)898-3829.

DHEC's Bureau of Air Quality, Innovations Section provides information on environmental topics. Readers are encouraged to reproduce this material. For more information about air quality issues, please call (803) 898-4123 or visit our website at www.scdhec.gov/baq. Please send written correspondence to: DHEC's Bureau of Air Quality, Innovations Section, 2600 Bull Street, Columbia, SC 29201.

