



Particulate Matter (PM) is made up of tiny bits of liquid or solids.

We talk about PM₁₀, PM_{2.5} and PM_{0.1}. The numbers after PM tell us how small the particles are.

The smaller the particles the more damaging they are to our health because they can get deeper into our lungs. Some particles are so small they can pass straight into our blood stream.

This is dangerous.

There is no safe level for **PMs**.

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. **Join us on our journey.**

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