



Eco-Driving

Guidance for drivers

What is Eco-driving?

Eco-driving is smarter, fuel-efficient driving.

It has a range of important benefits including:

Better air quality

Globally, CO₂ emissions from transport is projected to double by 2050 if current trends continue.

Poor air quality and CO₂ emission increase the risk of heart and respiratory diseases. It is also a leading cause of climate change.

Reduced fuel and maintenance costs

Eco-driving uses less fuel and reduces fuel dependency. **Fuel prices are rising so why not pay less?**

Eco-driving also means that less is spent on vehicle maintenance costs as there is reduced wear and tear.

Improved safety

Eco-driving enables a more relaxed driving style, without any loss of time. It is therefore simply safer driving.

Step 1.

Journey preparation



Plan your journey

Do you really need to make the trip?

Can you combine it with other journeys?

Could a smaller vehicle do the job?

Could you walk or use public transport?

Choose your route

Find the shortest route for deliveries/trips and avoid areas and times of heavy traffic.

Avoid unnecessary weight

Think about what you are carrying in the vehicle.

Do you need it all?

Every 220 kilos of weight increases fuel use by 1-2%.

Consider aerodynamic storage

Roof storage generally uses more fuel as it causes wind resistance. It also makes the vehicle less stable and less safe.

Step 2.

Vehicle maintenance



Keep your vehicle maintained

Oil changes, air filter changes, and tyre balancing should be carried out at least every 25,000km or every year. And remember that severe driving conditions may require more frequent maintenance.

Check tyre pressure regularly

Under-inflated tyres increase drag and reduce fuel economy. They are also a leading cause of tyre failure, and make driving less safe. Over inflation does not help. Tyres should be properly aligned to reduce wear & tear, and cut drag.

Step 3.

Good driving habits

1. Reduce speed

Higher speeds mean higher drag, which increases fuel consumption.

On motorways most vehicles have best fuel economy between 70-95kph. Every 8kph over 95kph increases fuel use 7-10%.

Lower speeds require less stopping distance and avoid hard braking – which also uses more fuel.

2. Drive consistently and smoothly

Driving smoothly and steadily uses less fuel than driving the same average speed with extreme variations. Quick starts at traffic lights and driving at faster speeds with hard braking increase fuel use.

3. Start slow and easy

When moving from a stationary position, start slowly and easily, with not too much throttle. An 'aggressive' start can reduce fuel economy by more than 80%. Drivers are also more likely to crash with fast starts!



4. Anticipate - avoid using brakes

Don't drive too close to the vehicle in front and select a lane that will make it less necessary to brake.

Anticipating traffic signals and slowing down in time can save on fuel consumption.

5. Choose the correct gear

Being in the wrong gear wastes fuel. Change to a higher gear as soon as possible as this reduces the car engine speed and internal friction, helping to save fuel.

6. Coast downhill when possible

Take your foot off the throttle down hill to save fuel, but keep the vehicle in gear. Coasting in neutral reduces driver control. Coast up to traffic lights too.

7. Don't idle the engine

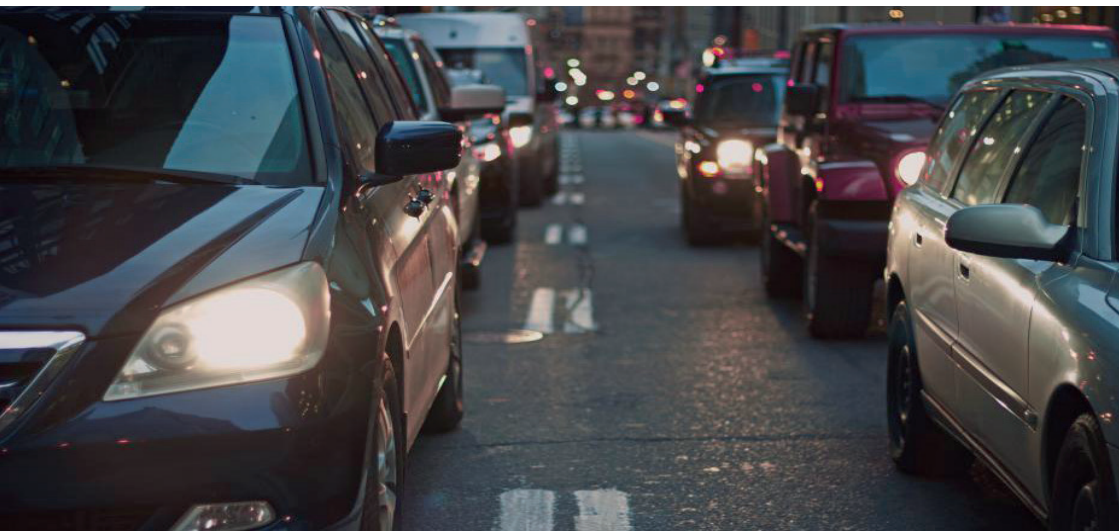
Don't idle the engine to 'warm up,' but do drive slowly.

If you have to stop for more than one minute, it saves fuel to switch the engine off. Idling for 2 minutes uses as much fuel as driving 2 km. Idling engines are not good around schools!

8. Use air conditioning sensibly

Air conditioning increases fuel consumption by up to 20%. If you are going less than 80 kph and it's hot, open the window!

Over 80 kph it is better to close your windows and use the air conditioner – open windows create drag and reduce fuel economy.



To learn more about eco-driving and occupational road safety management visit www.easstacademy.org.

**Eco-driving
reduces
emissions,
reduces
energy
dependency,
is safer and
saves money.**