SHEQ COMMUNICATION

Ref: 57-2017 Fuel Efficient Driving Techniques

GUIDANCE ON HOW TO GET MORE OUT OF THE FUEL WE BUY

Drive at an appropriate speed

Sticking to speed limits helps conserve fuel. Driving at slower speeds also gives you time to anticipate traffic ahead, helping you drive more smoothly. Where it is appropriate, driving at a steady speed of 50 miles per hour (mph) instead of 70 mph can improve fuel economy by 25 per cent.

Less stopping and starting = less CO_2

Every time you stop then start again in a traffic queue, the engine uses more fuel and therefore produces more CO_2. Keeping an eye on the traffic ahead and slowing down early by gently lifting your foot off the accelerator while keeping the car in gear can help the vehicle operate more efficiently. In this way, the traffic may have started moving again by the time you approach the vehicle in front, so you can then change gear and be on your way.

Over-revving accelerates emissions

Modern car engines are designed to be efficient from the moment they are switched on, so revving up the engine unnecessarily will only waste fuel and increase engine wear. By using your gears wisely - by changing up a gear a little earlier – you can also reduce engine speed. If you drive a diesel car try changing up a gear before the rev-counter reaches 2000rpm. For a petrol car try before 2500rpm.

Idling is wasting fuel

When the engine is idling you're wasting fuel and adding to CO_2 emissions. If you're likely to be at a standstill for more than a minute or so, simply switch off the engine. Many new cars are now fitted with a feature that does this for you automatically. When you first start the car, drive off as soon as possible. It will "warm up" much more quickly when the engine is under load.

Drive smoothly

More generally, avoid harsh acceleration and heavy braking, both of which have a very significant effect on savings in fuel consumption.

Pump up to cut down

Under-inflated tyres create more resistance when your car is moving, which means your engine has to work harder, so more fuel is used and more CO2 emissions are produced. Simply checking and adjusting your tyre pressures regularly and also before long journeys can help reduce fuel consumption, as well as helping to increase the life of your tyres.

Less clutter in your car means less CO2

Clutter in your boot is extra weight your engine has to lug around. By removing any items you won't need for your journey, you could reduce your engine's workload and so burn less fuel and cut your CO2 emissions. This also includes things like roof racks when not needed, as they add weight, increase drag and as a result increase fuel consumption.

Remember - Before you go

- **Save weight** – extra weight means extra fuel so if you don't need it, take it out
- **Cut drag** – roof-racks and boxes add to your fuel consumption. Pack carefully to reduce drag, or take it off.
- **Don't hang around** – idling wastes fuel and your engine warms up more quickly when you're moving so don't start the engine until you're ready to go.
- **De-icing** – scrape ice in the winter rather than leave your car idling to warm up
- **Plan your journey** – getting lost wastes fuel. Check traffic news before you go too.
- **Combine short trips** – cold starts use more fuel so it pays to combine trips if you can.
- **Walk or cycle** – if you're only going a couple of miles or so, do you really need to use the car?

(Information taken from the Vehicle Certification Agency website: http://www.dft.gov.uk)

How is the item to be cascaded and implemented?

Toolbox talk ☒ Team briefing ☒ SHEQ notice board ☒ Process change ☐ Supply chain ☐ SHE induction ☐ Other ☐

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