

# Ten tips for safer, greener stress free driving



1. **Check your revs** - change up gear before 2500rpm (petrol) and 2,000rpm (diesel)
2. **Anticipate road conditions and drive smoothly**, avoiding sharp acceleration and heavy braking. This saves fuel and reduces accident rates
3. **Use air conditioning sparingly** as it significantly increases fuel consumption
4. **Drive away immediately when starting from cold** - idling to heat the engine wastes fuel and causes rapid engine wear
5. **Remove roof rack when not in use** - they increase drag significantly
6. **Avoid short journeys** - a cold engine uses almost twice as much fuel and catalytic converters can take five miles to become effective
7. **Stick to speed limits and make your fuel go further** - driving at 80mph rather than 70mph uses 10 -15% more fuel
8. **Plan your journeys** - to avoid congestion, road works and getting lost
9. **Check your tyre pressure regularly** - under-inflated tyres are dangerous and can increase fuel consumption by up to 3%.
10. **If you're stuck in a jam, switch off** - cutting the engine will save fuel and stop emissions

Having a well-maintained vehicle is key to reducing emissions.