

How smart is your driving?

Most car drivers could be travelling a lot further on a tank of fuel. No new car is required - just a change to smarter driving. Try these tips:

- Shift up the gears earlier (between 2000 and 2500rpm). Cruising comfortably in 5th gear is the best place to be.
- Cut your top speed. Wind resistance increases significantly with speed. The optimum speed for fuel efficiency is just 45 – 50mph.
- Avoid unnecessary braking by anticipating the traffic ahead. Fluid motion is better than stop start.
- When slowing down, stay in gear and take your foot off the accelerator as early as possible. This reduces fuel consumption to near zero.
- Plan your route to avoid congestion or getting lost.
- Check your tyre pressure. Underinflated tyres can increase fuel consumption.

Smarter driving could save you the equivalent of about one month's worth of fuel a year. It will also help you drive safely and reduce wear and tear on your clutch and gearbox. For more money saving tips and information on travelling with lower carbon emissions, contact the Energy Saving Trust on **0800 512 012**.



Smarter driving will help you get more miles from each tank of petrol

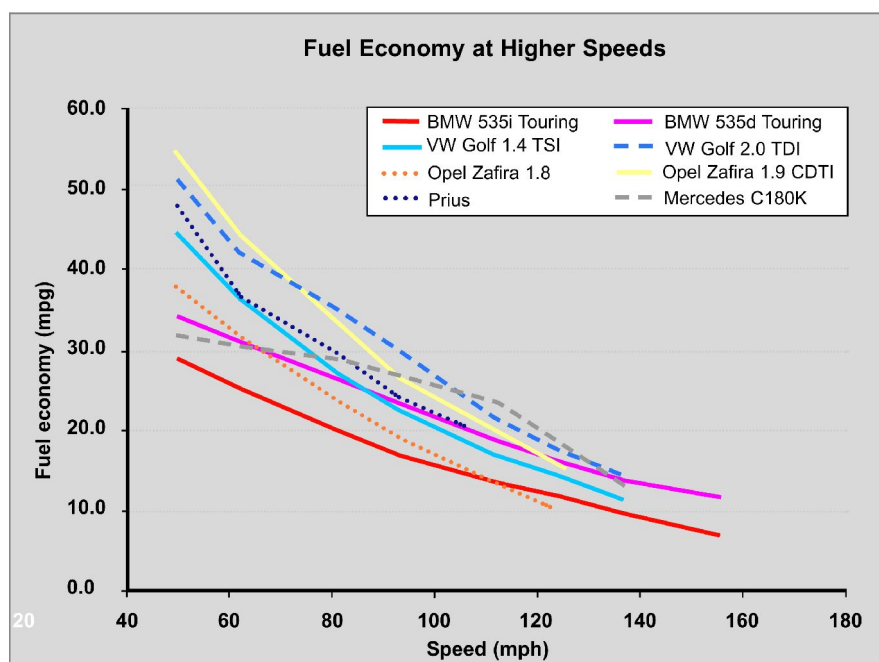
Notes for editors:

1. This article was produced by United Sustainable Energy Agency (USEA). This organisation was created by the merger of Milton Keynes Energy Agency & Thames Valley Energy Centre in May 2008.

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2. USEA works in partnership with local authorities throughout Bucks, Berks, Beds, Herts, Oxon, Hants and the Isle of Wight. USEA was recently awarded a new contract with the Energy Saving Trust to operate an Energy Saving Trust advice centre for the South East. The centre provides impartial energy saving advice to the residents of Bucks, Berks, Oxon, Hants and the Isle of Wight. USEA also offers a free insulation price comparison service called Cocoon.
3. For more evidence of the optimum speed for fuel efficiency see the graph below. This shows the results of a track test of 8 cars by the car magazine Autobild in May 2006.



For more, visit www.greencarcongress.com/2006/05/fuel_consumptio.html

4. The information contained within this article is correct to the best of our knowledge, but is subject to change. USEA cannot in any way be held legally responsible for any advice given or any work carried out as a result of this information.