

# Economical driving techniques

## QFleet driver safety fact sheet

### By practicing economical driving techniques, drivers can produce benefits for both road safety and the environment.

Economical driving techniques help deliver fuel savings with a reduction in harmful vehicle emissions, and a reduction in driving risk and driver stress. Sound economical driving practices help reduce:

- vehicle emissions and environmental impacts
- fuel usage and fuel costs
- fleet operating costs
- vehicle abuse and crash rates
- vehicle maintenance costs
- driver stress and aggressiveness.

Economical driving can be achieved by:

- planning the trip to avoid bottlenecks and stop-start driving
- avoiding travel during peak hours
- driving smoothly and avoiding heavy acceleration and braking
- scanning the road ahead and anticipating traffic flow
- following other vehicles at a safe distance to improve the driver's view of the road ahead
- travelling at a constant speed
- accelerating moderately when moving off and shifting to higher gears early while avoiding the use of high engine revs
- driving at reduced speeds and avoiding speeding
- driving at reduced speeds when towing a trailer or when heavily loaded

- avoiding engine warm up – modern engines do not need to be idled for warm up
- reducing engine idling by turning off the engine at prolonged stops
- reducing wind drag by removing roof mounted racks and cargo boxes when not being used
- removing unneeded and heavy items from the vehicle e.g. sports equipment, etc.
- avoiding the use of air conditioners (AC) when not absolutely needed. Wind windows down or use the fan set to fresh air when traveling at suburban speeds
- avoiding the selection of the coldest AC setting which requires the AC to run continuously
- setting the AC controls to re-circulate (REC) to maximise cooling efficiency
- parking the vehicle in shade to reduce the need for excessive AC use
- using cruise control to maintain constant speeds on the highway
- ensuring scheduled vehicle maintenance practices are conducted
- maintain correct tyre pressures (as recommended by the manufacturer) for lower rolling resistance and reduced fuel consumption
- only filling the petrol tank to the first click – this allows for fuel expansion and reduces emissions.

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