

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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