

For more information about eco-driving,  
visit: [www.sthelens.gov.uk/ecodriving](http://www.sthelens.gov.uk/ecodriving)

# A Guide to Eco-driving

**Use less fuel, save money and  
help cut down on CO2 emissions.**



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**Fuel<sup>4</sup>  
Thought**

## What is eco-driving?

Eco-driving, also called 'smarter driving', is a term used to describe the energy efficient use of vehicles. It is a great and easy way to reduce fuel consumption from road transport, so that less fuel is used to travel the same distance.

In the last few decades, engine technology and performance of cars has improved rapidly, but most drivers have not adapted their driving style. Eco-driving represents a driving culture, which suits modern engines and makes best use of advanced vehicle technologies.

## How can eco-driving benefit me?

Eco-driving can significantly contribute to reducing fuel consumption; therefore it will save you money, as you will fill up your car less frequently. This style of driving can therefore play an important role in achieving pollution reduction - helping to improve the environment we live in.

Eco-driving is also proven to increase driver safety and decrease accidents.

## How much can I save?

When 50 AA employees took part in an eco-driving experiment with Auto Express magazine they saved an average 10% on their weekly fuel bills, with the best achieving an incredible 33% saving\*.

Why not see how much you can save on your current average fuel consumption or the 'official', manufacturer's figure by following our advice?

If your car has an onboard computer that records fuel economy (miles per gallon - EMPG), take a note of the overall average fuel consumption you're getting now and then see how much you can improve it by. It should be possible to reset the computer so it starts recording a new average MPG.

## How can I become an eco-driver?

Following the tips contained within this leaflet will help you maintain your vehicle and adapt your driving technique. They are simple ideas that will really make a difference. If you want to receive more practical training, many driving instructors and private companies can provide eco-driver training.

\*Source AA website:

[www.theaa.com/motoring\\_advice/fuels-and-environment/drive-smart.html](http://www.theaa.com/motoring_advice/fuels-and-environment/drive-smart.html)

## Eco-driving tips

- **Don't get lost:** plan unfamiliar journeys to reduce the risk of getting lost and check the traffic news before you leave.
- **Combine short trips:** cold starts use more fuel, so it pays to combine errands such as buying the paper, dropping off the recycling, or collecting the kids.
- **Consider alternatives:** if it's a short journey (a couple of miles or so) could you walk or cycle rather than taking the car?
- **Smoothly does it:** braking & accelerating unnecessarily wastes fuel & money.
- **Don't be idle:** leaving your engine on when stuck in a queue burns fuel.
- **Travel lighter:** the heavier your car, the more fuel it consumes.
- **Slow down:** driving at 70mph uses 15% more fuel than at 50mph.
- **Watch your gears:** the higher the gear, the lower the fuel consumption.
- **Watch out for inflation:** under-inflated tyres increase fuel consumption by up to 4%.
- **Switch it off:** using your vehicle's heaters and lights when you don't need them, increases fuel consumption.
- **Get checked:** getting your vehicle serviced regularly and checking oil levels improves vehicle efficiency.