

If you really need to drive...



Some tips to help you improve car performance:

Cold starts - Avoid leaving your engine ticking over for long periods. Drive off as soon as possible after starting as the car will warm up quicker and more efficiently when moving.

Idling - If your engine is idling you're not moving and therefore getting 'zero miles per gallon'. If you have to wait in a traffic jam or at a level crossing, it's best to switch your engine off. In hot weather this is particularly important as it will help stop the engine overheating.

Eco-driving - Hard, fast driving results in using more petrol and wearing tyres - leading to more pollution and higher motoring costs. It is entirely inappropriate to accelerate and break hard in villages, towns and cities - where most road accidents occur. Safe and controlled driving actually demonstrates considerable skill. It also saves wear and tear on the engine, clutch, gears, brakes and tyres - leading to better fuel economy and preventing unnecessary expenditure.

Drive smoothly - Accelerate gently and avoid heavy or sudden braking. As well as polluting the air, tyre and brake lining residue and exhaust pollution fall onto the road and pollute surface-water drains.

Care for your car

Check tuning, tyre pressure and fuel consumption - regular servicing helps keep your car efficient.

Road rage

Be respectful of the community and environment around you. If you can't be patient and calm for others, consider your own heart. Stress means a person may be at a greater risk of developing coronary heart disease.

Kill your speed

Just five miles over a 30 mph speed limit can increase stopping distance by a further 21 feet. You should always be able to stop within the distance you can see ahead. Is it worth gambling that there isn't a child around the corner?

Increased speed means increased fuel use. If you stick to the speed limit, you will find little difference in journey time, and a lot of difference in your stress level! And after all, what's the point in rushing to join a queue?

Lighten up

Roof racks add drag and other unnecessary weight increases fuel consumption. Air conditioning and other on board electrical devices increase fuel consumption and cost you money - only use them when really necessary.