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Ten tips for safer, greener, stress-free driving

- 1 Check your revs - change up before 2,500rpm (petrol) and 2,000rpm (diesel).
- 2 Anticipate road conditions and drive smoothly, avoiding sharp acceleration and heavy braking. This saves fuel and reduces accident rates.
- 3 Use air conditioning sparingly as it significantly increases fuel consumption.
- 4 Drive away immediately when starting from cold - idling to heat the engine wastes fuel and causes rapid engine wear.
- 5 Remove roof rack when not in use - they increase drag significantly.

Department for
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- 6 Avoid short journeys - a cold engine uses almost twice as much fuel and catalytic converters can take five miles to become effective.
- 7 Stick to speed limits and make your fuel go further – driving at 85mph rather than 70mph uses 25% more fuel.
- 8 Plan your journeys - to avoid congestion, roadworks and getting lost.
- 9 Check your tyre pressure regularly - under-inflated tyres are dangerous and can increase fuel consumption by up to 3%.
- 10 If you're stuck in a jam, switch off - cutting the engine will save fuel and stop emissions.

Helpline: **0845 602 1425**
www.est.org.uk/transport