



TAKE BACK CONTROL OF YOUR BILLS WITH FUEL EFFICIENT DRIVING

We all like to think we're good drivers. But are you smart as well? By making some simple changes to the way you drive, you could take control, reduce the fuel you use and also save money.

This is called fuel efficient driving and involves using your gears, acceleration and powers of anticipation to adopt a more fuel-efficient driving style. As well as reducing your fuel consumption, it's safer too.

Energy Saving Trust Scotland also offers organisations in Scotland interest free loans of between £500 and £50,000 for the installation of measures that make their transport and travel arrangements more sustainable. The loan can be used for anything from installing video and teleconference facilities, bikes and bike storage units, to fleet management software and vehicle efficiency devices.

The benefits of fuel efficient driving include:

- reduce your annual fuel bills
- cut your carbon emissions
- reduce wear and tear on the vehicle
- enjoy safer, less stressful journeys.

Our top ten driving tips are:

Behind the wheel

1. Drive Off From Cold. Modern cars are designed to move straight away. Warming up the engine just wastes fuel - and actually causes engine wear
2. Check Your Revs. Change up before 2,500rpm (petrol) or 2,000rpm (diesel)
3. Drive Smoothly. Anticipate road conditions so that you drive smoothly and avoid sharp acceleration and heavy braking. This saves fuel and reduces accident rates.
4. Step Off The Accelerator. When slowing down or driving downhill, remain in gear but take your foot off the accelerator early. This reduces fuel flow to the engine to virtually zero.
5. Slow Down. Driving within the speed limit is safer as well as being the law, and reduces fuel consumption.

Stuck in traffic

6. Switch It Off. Modern cars use virtually no extra fuel when they are re-started without pressing the accelerator. Turn off the engine if you're going to be stationary for more than a minute or two.

Smarter preparation

7. Plan Ahead. Plan your journeys to avoid congestion and road works, and to make sure you don't waste fuel or time getting lost!

8. Keep It Long. Use other forms of transport for short journeys, if you can. A cold engine uses almost twice as much fuel and catalytic converters can take five miles to become effective.

9. Reduce Drag. Accessories such as roof racks, bike carriers and roof boxes significantly affect your car's aerodynamics and reduce fuel efficiency, so remove them when not in use.

10. Check Tyre Pressure. Under-inflated tyres are dangerous and increase fuel consumption

— ENDS —

For more information, please contact:

- Call your local Energy Saving Scotland advice centre for free impartial advice:
0800 512 012
- For more about the Energy Saving Trust's key achievements:
www.energysavingtrust.org.uk/scotland

For more info: **call the Energy Saving Trust press office on 020 7227 0398**

About the Energy Saving Trust in Scotland

The Energy Saving Trust is the UK's leading impartial organisation helping people save energy and reduce carbon emissions. Founded in 1992, we are a not-for-profit company limited by guarantee, set up to help reduce the UK's carbon emissions by reducing UK domestic and transport energy use. Our mission is to find the best ways to change people's behaviour and to introduce energy-saving measures into homes.

We do this by providing expert insight and knowledge about energy saving, supporting people to take action, working with business, government, local authorities and others to drive improvements in the energy saving market, and providing quality assurance and certification for goods, services and installers.

The Energy Saving Trust's work in Scotland is funded by the Scottish Government. It manages a network of advice centres in Scotland specifically designed to help consumers

take action to save energy. This Energy Saving Scotland advice network aims to reach 250,000 people every year.

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or visit www.energysavingtrust.org.uk/scotland