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ECO-DRIVING

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Eco-driving

Ecological, economical driving that is comfortable and safe is not a contradiction in terms – all these elements complement each other. Eco-driving doesn't just mean driving at lower speeds – above all, it's about driving better. The key word is "anticipation".

Why you should adopt eco-driving

Eco-driving means a smaller fuel bill. It's a useful contribution everyone can make to combating global warming. Economical driving is safe driving, that results in:

- personal savings (fuel and equipment)
- better protection of the environment and quality of life (less CO₂ emissions, less noise, etc.)
- less risk of accidents and less stress

How to achieve it

There are a number of options:

- Use public transport
- Make use of car-pooling
- Walk
- Use a bike

The advantages of public transport, car-pooling and Park & Ride

- You save money on fuel, wear and tear, and car park charges
- There is less traffic and less difficulty finding a parking place
- It preserves the environment
- It generates less stress and fatigue
- You will feel better

For short distances, walk or cycle

There are lots of advantages:

- Physical exercise is good for your health
- It's less damaging to nature
- It produces less noise

How to behave

Eco-driving also means making good use of the on-board technology of modern vehicles. Any driver can apply eco-driving to any vehicle. You can achieve fuel savings of up to 25% by applying the advice given below.

→ *Opt for a vehicle:*

- suited to your personal needs
- with low consumption
- with low emission levels

→ *When you start the engine:*

- don't rev up – you'll preserve the environment and your equipment
- don't warm up the engine at idling speed – it's better to set off immediately, as the engine warms up more quickly under load than when idling; leaving the engine running while the vehicle is stationary is forbidden by law (The noise creates a disturbance, and it's a waste of natural resources.)
- avoid abrupt revving and running the engine at high revs

→ *Avoid short journeys*

Starting the engine from cold (oil temperature < 40°C) results in:

- increased consumption and high emission levels
- increased wear and tear on equipment

→ *Adopt a smooth, flexible driving style*

- Always drive in the highest appropriate gear. Change to a higher gear at about 2000 rpm (diesel) or 2500 rpm (petrol)
- Anticipate as much as possible (keep an eye out for traffic lights in the distance, for example) so that you can slow down using your gears, which is much more economical than conventional braking
- Make use of the vehicle's inertia and take advantage of the fuel cut-off
- Turn the engine off if you have to stop for more than 20 seconds
- Activate the Start-Stop system if it is available

→ **Adopt an anticipatory/defensive driving style.**

A distance between vehicles of at least 2 to 3 seconds

allows

a better view and more information

which gives you

more time to react and less stress

which results in

a bigger safety margin

and

more consideration for other road-users

and achieves

a defensive driving style

Defensive driving consists of:

- Displaying courteous behaviour
- Anticipating
- Keeping an overall view
- Looking all around while you are driving
- Keeping a Plan B in mind for every situation
- Making sure other road-users can see you

→ Adopt an appropriate driving style when going uphill

- Avoid depressing the accelerator pedal right to the floor
- Keeping the accelerator pedal 3/4 depressed is ideal

→ Check tyre pressure and condition

It's essential to check tyre pressure once a month. Driving on under-inflated tyres is dangerous and increases fuel consumption. Every 0.5 bar of under-inflation increases consumption by 2.4% – that's 58 kg of CO₂ per year.

Gear	Accelerator pedal	Rpm	Consumption (litres per 100 km)	
			Petrol	Diesel
5	 3/4 depressed	2230	6,5	
		1560	4,1	
4	 1/2 depressed	2730	7,3	
		1950	4,4	
3	 1/4 depressed	3560	9,0	
		2700	5,5	

How to get it right

- Increase tyre pressure by 0.2 bar front and rear. The only disadvantage is a slightly less comfortable ride
- Check and adjust pressure when the tyres are cold
- Don't forget the valve caps
- Check for wear and any damage



Warning – Only use winter tyres if it's necessary. Winter tyres (marked "M&S") grip the road more and therefore increase fuel consumption.

Some advice

- Cut down on the air conditioning and anything else that uses electricity
- Remove luggage racks and cycle carriers as these increase consumption, depending on speed, by 2 to 3 litres per 100 km
- Avoid unnecessary loads. An extra 100 kg corresponds to an increase in consumption of about 5%
- Reduced-friction oils are more economical, particularly at low temperatures

Toolbox

- Presentation by the Driver Training Centre (Centre de Formation pour Conducteurs) - versions in **French** and **German**
- "Drive better with AXA" - **take the test**

Sources: [Driver training centre](#) (Centre de Formation pour Conducteurs), Luxembourg; [Ministry of Sustainable Development and Infrastructures](#); [La Prévention Routière \(France\)](#) (Association for the prevention of road accidents)