

**Annex D:**

**Fuel Economy / Defensive Driving**

**UK**

**CORRECT DRIVING TECHNIQUES SAVE FUEL - REDUCE COSTS AND COMPLIMENTS**  
**DEFENSIVE DRIVING**

**Engine:** Keep revs in green band for longer.

**Gears:** Low gear to start rolling - block change on level or downhill.

**Clutch:** Clutch slip moving off in too high a gear wastes fuel - wears drive line.

**Climbing:** When climb starts to ease off a few more revs are needed before change up, to allow for speed loss, but not near or into red. Feed power back in at or near peak torque on rev. counter (depends on engine). Practice when to lift off near brow of hill so momentum carries truck over and gravity helps truck speed up downhill.

**Downhill:** Use exhaust brake more - cuts fuel to engine.

**Roundabouts:** Standing starts use extra fuel - see a queue? - hang back - assess time arrival to coincide with gap on roundabout or queue moving off.

**Traffic Lights:** Green on approach? - Usually go to red - lift off. Red on approach? - time arrival to join queue moving away on green.

**Rural:** Slow early for bends - minimum service brake/maximum exhaust brake and rolling resistance to slow truck.

**Motorway:** Keep a steady speed - most economical at limited top speed - try for an average of speeds in lanes one and two. Avoid getting too close - then braking (when there is no way into lane 2) before being able to overtake. A good gap is always safer and gives room for acceleration distance. Look well ahead - anticipate - plan.

**Cruise:** Lowest throttle setting and highest gear such that little or no engine braking (when lifting off) but do not depress throttle to climb or increase speed - change down.

**Rewards:** The Company saves considerable money on fuel. Saves money on wear and tear. Extra concentration means more personal effort (initially) but means being more alert - more defensive and safer. Driving should become more interesting - prove you can adapt to new habits and a more professional style.

## The Smith Driving System

The Smiths System provides three primary benefits:

- \* Space for the vehicle
- \* Visibility for the driver
- \* Time to make decisions

Learning and applying the System provides these positive results:

- \* Reduced accident potential
- \* Fuel consumption will be minimised
- \* Vehicle maintenance expense will come down
- \* Insurance costs may ultimately be less
- \* Anxiety and frustration associated with driving can be reduced

These are benefits you will realise both on and off the job.

These results are achieved by applying the **"5 KEYS"** of the Smiths System

1. AIM HIGH IN STEERING      Look ahead a minimum of 15 seconds.
2. GET THE BIG PICTURE      4 second minimum following distance.  
   Scan mirrors every 5-8 seconds.
3. KEEP YOUR EYES MOVING      Avoid focusing on any one object for more than 2  
   seconds.
4. LEAVE YOURSELF AN OUT Space.
5. MAKE SURE THEY SEE YOU      Eye contact.

Please remember your Smiths training and apply these "5 KEYS" at all times.