



# IT TAKES MORE THAN DRIVING

A guide to fuel-efficient driving



As drivers, mastering the techniques of fuel-efficient driving also means greater safety on the road, better vehicle handling and a level of productivity that is a cut above the rest.

Fuel-efficient driving takes a lot more than being able to drive from A to B. The driver needs to plan the journey, think ahead and know when to speed up, when to slow down and when to use the truck's momentum to keep rolling.

**Driving a heavy vehicle requires skills, but fuel-efficient driving is an art form.**

# WHY IS FUEL-EFFICIENT DRIVING SO IMPORTANT?

## FOR TRUCK DRIVERS:

- To gain recognition for excellent driving skills
- To gain personal and professional development and growth
- To contribute to the company's performance and success

## FOR TRUCK OWNERS:

- Fuel-efficient drivers are proven to maximise safety and uptime
- The knowledge and skills of fuel-efficient drivers can be shared with other drivers within the company or fleet
- Fuel-efficient driving results in a more profitable operation
- Fuel-efficient and safe drivers improve the overall company image

## FOR THE ENVIRONMENT:

- Fuel-efficient driving reduces your carbon footprint on the environment

**“** Mr Jiao Yipin – a truck driver in our company, was the champion for the 2013 Volvo Trucks China Fuelwatch Challenge and represented China in the regional finals. He returned to share his experiences and became our company's Fleet Manager where one of his roles is to train new drivers. **”**

Wang Chao, General Manager,  
Hangshou Defa Logistics Co. Ltd.

# TOP TEN TIPS FOR FUEL-EFFICIENT DRIVING

## PRE-TRIP

### 1. PLAN YOUR TRIP

- Plan your driving route in advance and where possible, keep to flat roads or choose a route that minimises engine horsepower requirement and the need to use your brakes.
- Get the latest updates on road, traffic and weather conditions.
- Try to avoid rush hours.



### 2. ALWAYS CONDUCT VEHICLE CHECKS

- Daily routine checks covering front to rear, interior and exterior of the vehicle, are vital for both safety and vehicle uptime.
- Check that the vehicle runs normally before starting your journey.
- Ensure that mirrors and seat positions are adjusted correctly.



“ Check your tyre pressure regularly and ensure that it is properly inflated. Lack of air pressure also affects the fuel consumption significantly in the long run. ”

Christopher Wu, Off-Road winner of the  
2014 Singapore Fuelwatch Challenge

# PRE-TRIP

## 3. DO NOT OVERLOAD YOUR VEHICLE

- The amount of load is directly linked to the vehicle's fuel consumption. Therefore avoid excessive and unnecessary load.
- Be aware of the legal load limit in your country and the maximum safe capacity of your truck.



## 4. MIND YOUR OWN HEALTH AND BODY

- Always get enough rest and try to relax before long-distance driving.
- Stretch before starting a long journey. This helps to improve blood circulation and reduce physical aches and pains while driving.
- If you are tired on the road, take a break!
- Stay hydrated.



# ON THE ROAD

## 5. MAINTAIN A CONSTANT SPEED

- Where safe, use cruise control to minimise fuel consumption and maintain productivity.
- Operate at a constant speed and keep speed as low as is practical.
- Avoid strong and sudden use of the brake and accelerator pedals.

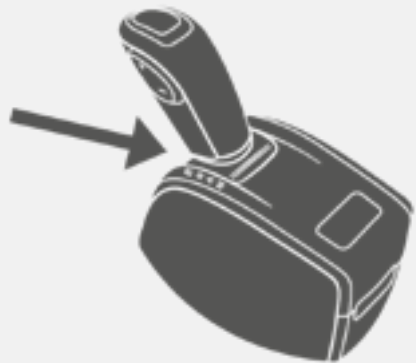


“ Anticipate road conditions and always keep a safe distance from the vehicle in front. This reduces the tendency of braking and increases fuel economy. ”

En Zamri Abd Rahman, winner of the 2013 Malaysia Fuelwatch Challenge

## 6. MINIMISE GEAR SHIFTING

- Maximise top gear usage as much as you can. Do not shift down too early when slowing.
- If conditions allow, use skip shifting to reach normal cruising speed.



# ON THE ROAD

## 7. LEARN TO COAST LIKE A PRO

- Back off the accelerator – let the truck roll.
- Keep brake applications to a minimum and maintain a safe momentum.
- Take advantage of the topography or terrain to keep moving with minimum effort.



“ Fuel burn is directly proportional to accelerator pressure, so a light right foot is crucial. ”

Chris Sanders, winner of the 2012  
Australia & Asia Pacific Fuelwatch Challenge

## 8. MINIMISE IDLING

- Minimise unnecessary idling.
- Park brake on, engine off!



# POST-TRIP

## 9. CONDUCT REGULAR VEHICLE MAINTENANCE

- Regular vehicle maintenance can reduce wear and tear, and the need for repairs, reducing costs as well.
- Always keep your vehicle in prime operating condition.
- Conduct a comprehensive check every week.



## 10. ALWAYS BE SAFE!

- Plan your route and where possible, avoid bad weather conditions and traffic congestions.
- Conduct proper and regular checks/maintenance to ensure that your vehicle is in top condition.
- Do not overload your vehicle.
- Do not use your mobile phone while driving.
- Do not drink alcohol before or during the drive. This can decrease alertness and impair judgement.
- Keep to a safe cruising speed without sudden braking or acceleration.





# STAY HEALTHY, DRIVE SAFELY

At the heart of everything we do is our safety vision: that no Volvo truck is to be involved in a traffic accident.

Out of all the road accidents that occur each year, heavy vehicles are involved in relatively few incidents. But when they occur, the consequences are often serious. This is why we are continuously working to minimise the risk of an accident occurring.

To go the distance and safely, you need to take care of your health and body. With every long drive, simple stretching and well-timed rest stops can make a big difference. A safe and rested driver stays alert longer and is better able to maintain fuel efficiency while on the road.

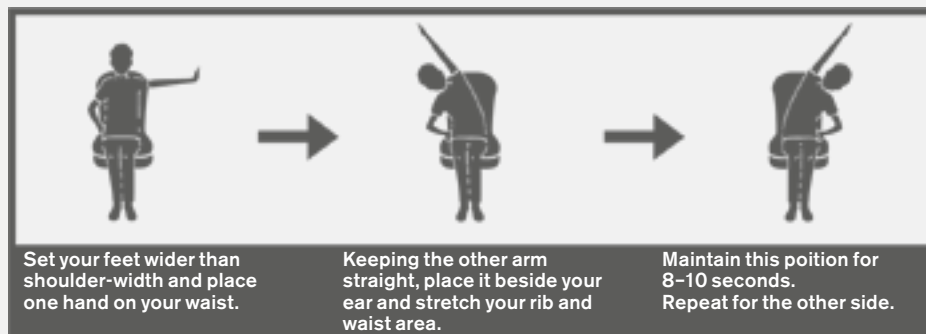


# USEFUL TIPS FOR STRETCHING WHILE ON THE ROAD

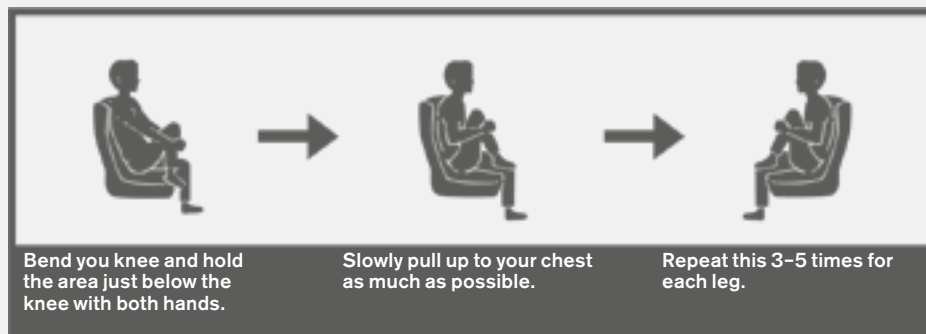
Driving for a long distance can be tiring, especially when driving with incorrect posture which causes neck, shoulder and elbow pains. Before starting your journey and during each rest stop, stretch to loosen your muscles, improve blood circulation and reduce any aches and pains.

## ON YOUR SEAT

This relaxes knotted muscles and it can be done inside the cab and also at the service station.

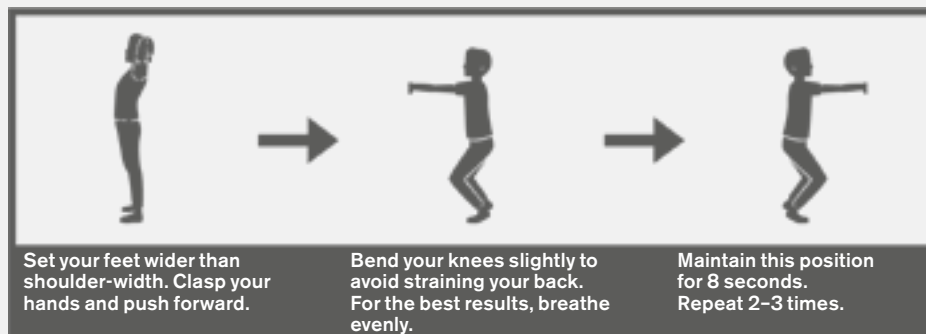
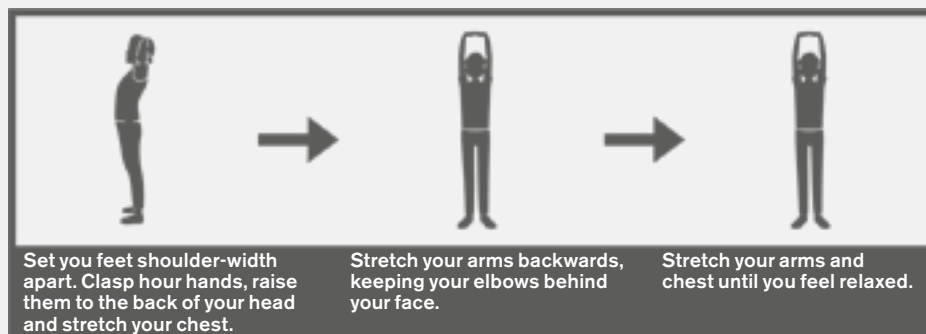
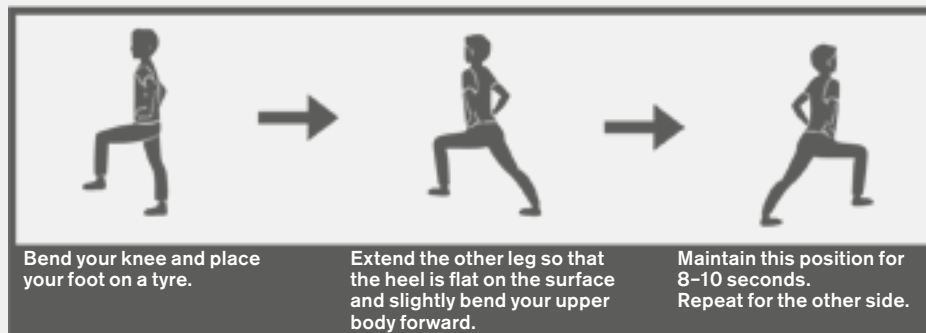


Long distance driving can strain your back. Pull aside for a second and stretch.



# OUTSIDE THE CAB

These are good moves to carry out while having a short rest at the service station. Do this outside the truck, beside the wheels.



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