

## Green driving can help you avoid the panic at the pumps

With the threatened strike at Grangemouth promising many days of uncertainty ahead dealing with the fuel wasters that you can control could help you to avoid panic buying, says Neil Greig, Director of the IAM Motoring Trust.

IAM Motoring Trust advice for minimum fuel consumption:

Underinflated tyres waste fuel and wear out quicker. Just 5 psi under the right pressure will use up to 3 per cent more fuel so always check pressures before setting off when the tyres are cold.

Top boxes and roof racks add 20 per cent to fuel consumption at 70 mph so take them off when you are not using them.

Air conditioning increases fuel consumption by up to 10 per cent. We recommend that you turn off air conditioning when the outside temperature is below 18C.

Speeding at 80mph uses up to 15 per cent more fuel than travelling at 70mph. Sticking to speed limits saves fuel and avoids fines.

Hurried or aggressive driving wastes up to 15 per cent more fuel so allow plenty of time for your journey, stay well back from the vehicle ahead to minimise braking and keep a close eye on the traffic ahead.

Finally, don't use the car for short journeys as a cold engine uses more fuel and why not consider public transport when you are planning for the week ahead.

ends

The IAM Motoring Trust [www.iamtrust.org.uk](http://www.iamtrust.org.uk) is the research and advocacy arm of the IAM (Institute of Advanced Motorists).

**Media contacts;** IAM Motoring Trust Media Relations 020 8996 9777

ISDN lines available