

IPRA Motoring Tips

- Before you start out on a long journey, Make the basic checks for: Tyres; Tyre Pressures (including the spare!); Oil; Coolant, Brake Fluid; Washer Water; Visibility (Mirrors and Windows clean?)
- Plan your route before you start your journey and tell a relative or colleague when and where you are going and your expected time of arrival. Confirm destination when you arrive.
- Consider installing a navigation system if you travel long or complicated journeys.
- What is the weather and traffic going to be like? Can I delay or leave earlier to avoid the worst of both? Is the journey really necessary or can I reschedule?
- Leave sufficient time to make the journey comfortably.
- Take regular breaks. Long journeys are tiring and if you don't have someone with you to share the driving, it is best to stop and rest every so often. 5 minute breaks every hour on a 3 hour journey only adds an extra 15 minutes to your journey time and you will be fresher when you arrive.
- Don't use your mobile when travelling. Even hands free calls are distracting. The voice mail facility will pick up any important messages and you can pull over when it is safe to access them.
- Keep your distance when travelling. As a rule of thumb, you should be

to say fully “Only a fool breaks the 2 second rule” before you get to the point that the car in front occupied. If you can’t say it fully, then you are probably driving too close to the vehicle in front.

- Adjust your speed downwards in bad weather conditions. In more severe or extreme weather conditions it may be necessary to find a suitable place to stop, even if that means an extended rest until the conditions improve.
- Be fully aware of and err on the side of caution with other drivers. Even normally excellent drivers can have an off day and do something silly on the road. Give yourself the space to deal with unexpected events and always try to anticipate what other road users might do.
- Consider joining a national motor rescue agency. This could save you money and get you back on the road quicker than going it alone in the event of a breakdown or mishap.

IPRA Fuel Consumption Tips

- If it is only a short distance to travel, consider whether you need to use your car for the journey.
- You can save fuel and money by keeping an eye on your speed when travelling. Travelling at 80kmph uses 25% to 30% less fuel than travelling 120 kmph.
- Turn off the engine if stationary for 2 minutes or more but make sure your vehicle is reliable – you don't want to be unable to restart your engine
- Is Car Pooling an option?
- Have your vehicle regularly serviced. This can identify inefficiencies in the running of your car. When corrected, this can lead to fuel and oil savings.
- Avoid accelerating and braking sharply. They lead to high fuel consumption and may be dangerous.
- Correct tyre pressures also play a part in reducing your fuel consumption. Check your tyres once a week if possible and save yourself money as well as being safer on the road.
- Do you need to have those heavy items stored in the boot of your vehicle? The heavier the load, the more fuel consumed.
- Considering changing your car? Check out the fuel consumption performance of the vehicle before purchasing.