

# Eco-driving

**The cheapest way to reduce your fleet's fuel and cut down emissions is to improve how your trucks are driven.**

The 'low hanging fruit' for cutting your fuel bill is to drive your trucks more efficiently. Without buying any fancy tech or disrupting operations, some basic changes to how your drivers drive can have a big impact. How much fuel you save depends on your fleet, and duty cycle, but [Transport for NSW](#) estimates eco-driving can save 10% or more. Multiplied across your whole fleet and all your customers, it's a big boost to your bottom line.

In theory, efficient driving is relatively simple and *can* be a zero-cost improvement if drivers learn and apply the right techniques. For most fleets, some combination of the following solutions can help bring out the best in drivers and deliver lasting benefits.

- 1. Eco-driving & training:** Even the most experienced drivers can improve their driving style to reduce fuel consumption. As part of upskilling your staff, you could invest in 'eco-driving' training. These short courses are designed to equip your drivers with the knowledge and skills needed to drive in a fuel-efficient and environmentally responsible way. The contents of 'eco-driving' courses vary, however good training providers should cover the following topics.



**On-road techniques:** Smooth acceleration/deceleration; maintaining a consistent speed; reducing engine idling; anticipating traffic conditions to avoid unnecessary braking.



**Technology assistance:** Onboard equipment and settings that can assist in eco-driving, such as cruise control, eco-mode settings, and real-time fuel consumption feedback systems.



**Gear selection:** Matching the right gear to driving conditions, ensuring the engine operates efficiently without unnecessary fuel consumption.



**Practical exercises and simulations:** Hands-on opportunities for drivers to apply eco-driving principles in real-world scenarios.

NatRoad partner, the International Road Transport Union (IRU) has published an [introductory video on eco-driving](#). It's for a European audience however still covers all of the main techniques.

- 2. Telematics and measuring:** To make lasting changes you need to have a way of measuring fuel usage patterns. Ideally, this means investing in a telematics system to monitor vehicle performance and driver behaviour in real-time. Many newer vehicles are available with the truck manufacturers' integrated telematics system; for older vehicles, there are a variety of plug-in units that connect to your truck's diagnostics port. Most systems offer a driver efficiency score that can be linked with or compared to fuel consumption data from the telematics system. Fuel cards, apps, or receipts can act as a back-up source of measurement. The more detailed fuel consumption data, the better. Further information on telematics can be found in the [Get Fleet Fit Telematics fact sheet](#).

Eco-driving can reduce fuel use by more than

**10%**



Access all the resources here

- 3. Behaviour change & feedback:** Giving drivers feedback on fuel efficiency improvements is essential to getting buy-in and enable you to unlock the benefits. Don't be scared to get creative with how you engage your team and incentivise improvements:



Use telematics and GPS tracking to provide real-time feedback to drivers on their driving and fuel consumption. Depending on your technology, drivers can receive alerts or notifications when they engage in fuel-wasting practices (e.g. excessive idling or harsh braking).



Create a points scoring system where drivers earn positive credits for fuel-efficient driving (e.g. steady speeds, less engine idling). Points could be redeemed for rewards, payments, or public recognition.



Set up a weekly or monthly challenge where drivers compete to achieve the highest fuel efficiency. Better yet, form teams to foster some friendly competition in reducing fuel costs.

The most important thing is to recognise individual and team improvements. Celebrating big wins, displaying leaderboards, and acknowledging milestones reinforces positive behaviour. This in turn promotes fuel efficiency as a normal part of day-to-day operations.

### Find out more

[A Monash University study](#) found eco-driver training for truck drivers **reduced fuel consumption by 27%**.

[An international review by the ICCT](#) found fuel efficiency savings from eco-driving **as high as 40%**!

[Transurban undertook a large eco-driving trial](#) with car-drivers but the results are relevant to trucks too.

Like all training, eco-driving doesn't come for free. [A report from Germany](#) took a closer look at the costs and benefits of eco-driver-training.

**Get Fleet Fit** has been designed by NatRoad to guide truck operators towards improved fuel efficiency and reduced emissions in alignment with future government regulations and customer expectations. We've developed a 5-step roadmap to help create a clear, actionable plan for your business, plus more detailed information on important topics to help you along your unique journey.

