



FORS
PROFESSIONAL
TRAINING, INFORMATION, KNOWLEDGE

Anti- Idling and Congestion Cutting

Driver guide

**ENGINE IDLING GETS
YOU NOWHERE
SWITCH OFF WHILE CAUGHT
IN CONGESTION**

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Introduction

Congestion - not only does it waste our time, waste our fuel and create stress, it also has a negative impact on our environment. Congestion in cities affects the reliability of the road and the public transport networks. Congested roads lead to an increase in **vehicle idling**, resulting in increased emissions.

This anti-idling and congestion-cutting driver guide is aimed at operators of heavy goods vehicles (HGVs), passenger carrying vehicles (PCVs) and van drivers. It offers practical advice to help you avoid congestion on our roads, and reduce harmful vehicle emissions.

If you're going nowhere – switch off to save fuel, save money and help reduce emissions



Effects of idling



Wastes fuel and subsequently increases operating costs



Causes premature engine wear, increasing fuel consumption and maintenance costs



Produces more emissions than an engine in motion



Risks drivers being fined for leaving their engine idling



Affects the environment



Causes more pollution, which is linked to asthma, decreased lung function, heart disease and cancer

Myth...

The engine needs to stay on to keep the battery fully charged

...Buster

No. Modern batteries need less engine running time

Effects of congestion



Wastes time



Makes it difficult to predict journey times



Wastes fuel – which costs money and is bad for the environment



Slows down the emergency services



Increases wear and tear on vehicles



Increases driver stress

Myth...

I don't cause congestion.
I need to drive!

...Buster

Every road user contributes to congestion whether or not their journey is avoidable



Anti-idling technology

What is it?

The most common type of anti-idling technology is the stop/start feature found in most modern vehicles. It automatically switches off your engine when you come to a stop and restarts it again when you set off. This feature is there to prevent you from leaving the engine to idle whilst stationary, leading to fuel savings and reduced emissions.



If your vehicle doesn't have a stop/start system fitted, your company may use telematics as a way of recording and reporting your idling activity.

Information collected by a telematics system can show instances and lengths of idling time. Your manager should feed this information back to you on a regular basis.

How does it help?

This technology helps to cut engine idling when you are stuck in congestion, at a delivery point or waiting at traffic lights. It greatly reduces carbon emissions and has done since its introduction into commercial vehicles.

Myth...

It is better to idle the vehicle as turning the engine off and on wears it out

...Buster

No. Ignitions in modern vehicles have eliminated this problem. Idling dirties your engine, increasing wear and tear


Congestion-cutting technology

What is it?

These are technologies that aim to steer you away from congestion and lower the chances of congestion happening in the first place. There are many types of technology to help in this area, such as:


Sat-navs

For trucks, helping to avoid any restricted areas and avoid creating congestion




Apps

With the ability to divert drivers from congestion on their route



Tracking systems

So your depot can advise if you are heading towards congestion



How does it help?

These technologies help you to avoid congestion in various ways. Routing specifically to avoid low bridges and weight limits, diverting you from congestion on your planned route or alerting your office of congested areas. Using this technology reduces your chances of heading into potential congestion and becoming part of it.

Myth...

Congestion is not my problem – anything I do won't make a difference

...Buster

As professional road users, you can make a real difference just by changing a few things



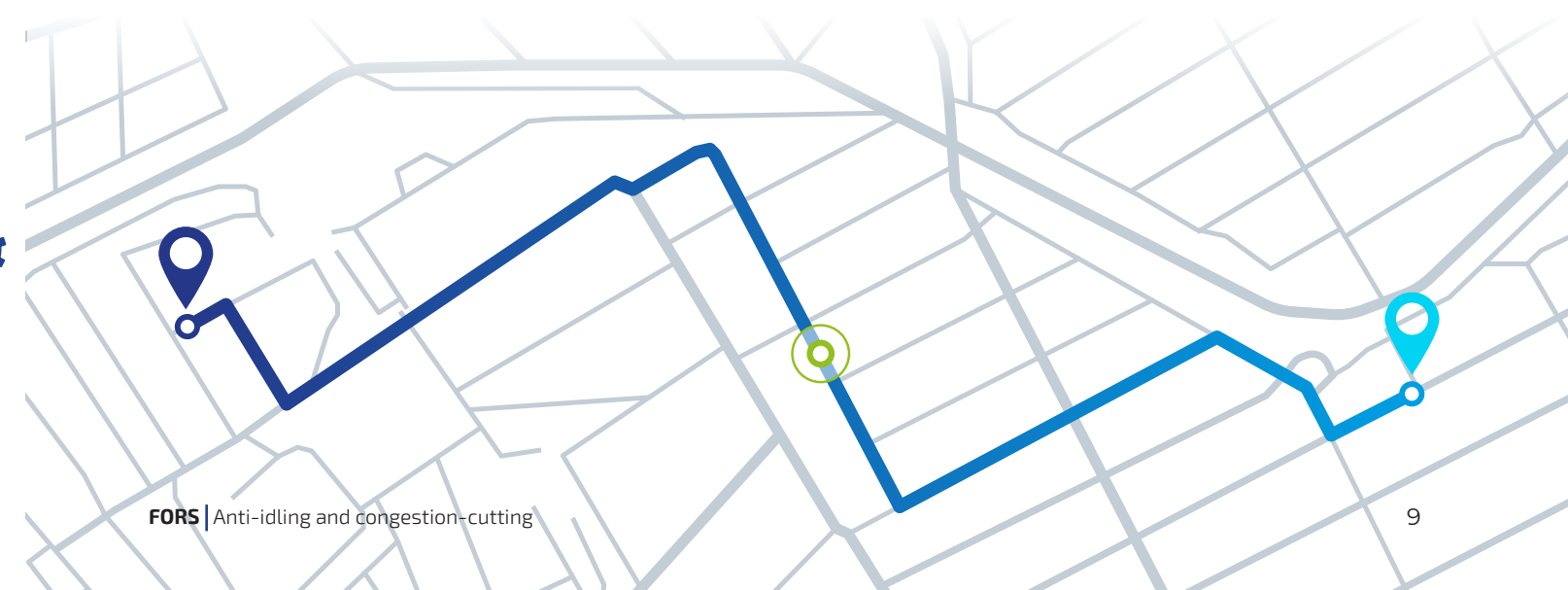
...for vehicle fitness

- Complete a daily vehicle walkaround check
- Secure your load and check the weight of the vehicle
- Monitor the roadworthiness of your vehicle and be alert to any sign that the vehicle is developing a fault
- Report all defects or incidents as soon as possible after they have occurred. This must include minor incidents and near misses



...for routing and planning

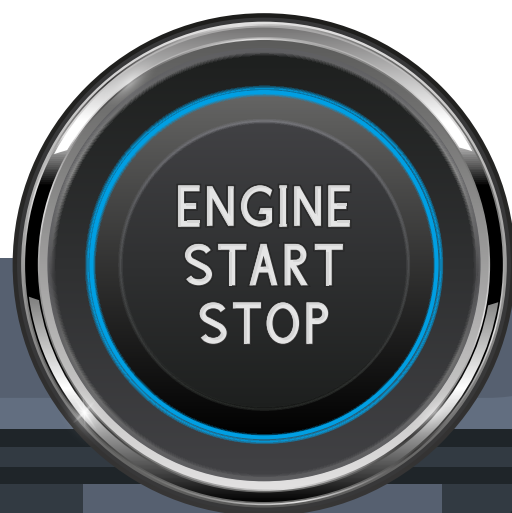
- Know your route and check for any planned roadworks, closures, incidents or parking restrictions that may affect your journey. Allow enough time to complete your journey and report any unforeseen incidents to your manager
- Check that your planned route is suitable for the vehicle you are driving
- Check the signposts, road markings and any suspending bay signs when loading and unloading. Stay in sight of the vehicle where possible
- Be polite and accept the fine if a Civil Enforcement Officer issues you with a Penalty Charge Notice (PCN). Once they have started to produce the PCN they are required to complete it. If you receive a PCN, hand it to the appropriate person when you return to the depot





...for reducing idling

- Switch off your engine if you expect to be stationary for more than a minute and only restart when you are ready to drive away
- Turn your engine off when you are on a break, making a delivery, stuck in stationary traffic, loading or unloading. When left idling, a heavy duty diesel engine can waste between 1.5 and 2.5 litres of fuel an hour
- Think whether it is really necessary to heat your vehicle before using the engine – modern vehicles have quick and efficient heaters that don't always require the engine to be running
- Be familiar with your driver handbook – be aware of your company policy regarding engine idling and what is expected of you as a driver
- Set yourself a challenge and take note of how often you leave the engine running unnecessarily and then actively try to reduce those times



...for fuel saving

- Look ahead – forward planning helps to reduce excessive gear changes and the need for harsh braking
- Keep revs low to reduce noise and emissions – lower revs reduce noise levels and maximise fuel economy
- Check your tyre pressures – under inflated tyres reduce your mileage per gallon (MPG) and increase wear
- Don't overfill your fuel tank – fuel expands when it's hot and can leak. This is a waste and causes a hazard for other road users
- Be familiar with your vehicle handbook – ensure you are fully up to date with the systems and technology installed. Technology will only assist in fuel economy if you are fully familiar with the system



For more information
on fuel saving,
see the [FORS fuel
management guide](#)



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