

# Fuel

## EFFICIENCY

NAVY Energy  
Awareness

Ten Ways to  
Save Energy



- 1 Drive smoothly. Slowing down gradually, rather than jamming on the brakes, then accelerating slowly can save you as much as two miles per gallon. Plus it reduces wear on your brakes.
- 2 When driving on the highway, use your cruise control to maintain a steady speed.
- 3 Remove unnecessary heavy items from your car. Every 100 pounds extra costs you about half a mile per gallon.
- 4 Keep the tires of your car or truck properly inflated. For every pound per square inch (psi) below the proper level there is an average increase of 0.4 percent in fuel consumption; being low by as little as four pounds of pressure can reduce your mileage by 10 percent.
- 5 Ride a bike—or walk—to work, to the local neighborhood store or to a nearby friend's home. Total vehicle emissions are reduced to zero.
- 6 Don't start your car until you're ready to move; idling engines waste gas. If you are idling for more than one minute turn the engine off.
- 7 Fixing a car that is noticeably out of tune can improve its gas mileage by an average of 4 percent.
- 8 Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent.
- 9 You can improve your gas mileage by 1 to 2 percent by using the manufacturer's recommended grade of motor oil. Using 10W-30 motor oil in an engine designed to use 5W-30 can lower your gas mileage by 1 to 2 percent.
- 10 Observe the speed limit—each 5 miles per hour (mph) you drive over 60 mph can reduce your fuel economy by 10 percent.