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**cycling**  
The cyclists' champion **UK**

# The Dutch Reach:

## Putting an end to car-dooring



[www.cyclinguk.org/dutchreach](http://www.cyclinguk.org/dutchreach)

In partnership with

**Uber**

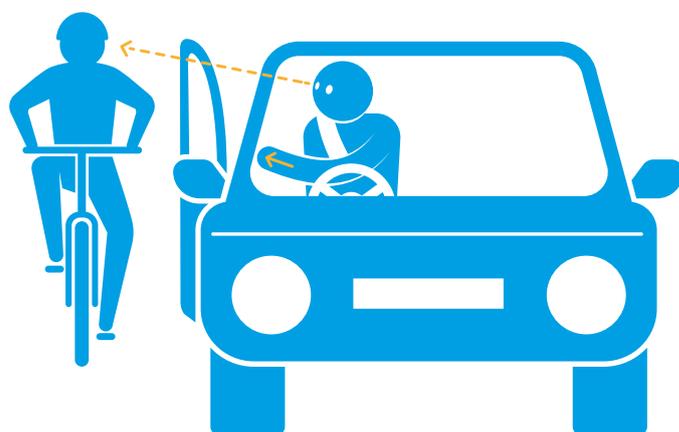


## What is the Dutch Reach?

The Dutch Reach is a simple technique to help you open your car door safely. Instead of using the hand closest to the door, reach across with the hand furthest from the door – your left hand if you're the driver.

By using the Dutch Reach, you naturally turn your body towards the window, helping you spot approaching cyclists. It also allows you to open the door slowly and carefully, rather than swinging it open in one movement.

To see a demonstration of the Dutch Reach, take a look at our 3D and 2D films at: [www.cyclinguk.org/dutchreach](http://www.cyclinguk.org/dutchreach)



# 40%

of people are put off cycling because they fear car doors being opened into their path

[Cycling UK/YouGov, May 2018]



## Why is the Dutch Reach so important?

Every year, at least 500 people across England, Wales and Scotland are injured when someone opens a car door into their path – but the actual figure is much higher, as many collisions aren't reported.

That's a big problem when cycling is one of the healthiest, cheapest and most environmentally friendly forms of transport.

By making the Dutch Reach an everyday habit – and teaching it to children and others – we can help save hundreds of cyclists from injury every year.



# 35%

**of drivers admit to not looking before opening their car door**

[eBikes Direct, May 2017]



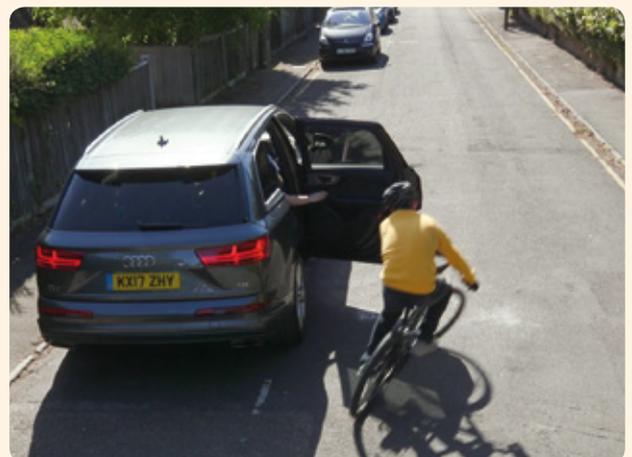
### Sam Boulton's story

On 27th July 2016, Sam was cycling past Leicester railway station when a passenger opened a car door into his path, knocking him into a passing van. He sustained fatal injuries and tragically died later that day, on his 26th birthday.

His family support Cycling UK's campaign for greater use of the Dutch Reach and its inclusion in The Highway Code.

### Car-dooring and the law

It's a criminal offence to open the door of a vehicle, on a road, in a way that endangers others. This includes permitting a door to be opened by someone else, which means you could be prosecuted if your passenger injures a cyclist by opening their door.



## More information

Cycling UK are working in partnership with Uber to promote the Dutch Reach and have developed two educational films which highlight the dangers of opening a car door without looking.

These films are freely available online and to driving schools, police, road safety partnerships, local authorities and schools, colleges and universities. We want to ensure that as many people as possible learn and adopt the Dutch Reach. Please contact [campaigns@cyclingsuk.org](mailto:campaigns@cyclingsuk.org) for more information and for copies of the films.

For more information on Cycling UK's campaigns, visit: [www.cyclingsuk.org/campaigns](http://www.cyclingsuk.org/campaigns)



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