

Transcript

Do the Dutch Reach

[Playful upbeat music plays throughout]

00:00:00 - 00:00:06

[Animation: *Two individuals are seen sitting in a car. Text is animated onto the screen.*]

[Text on screen: *Play a role in road safety. Learn to do the Dutch Reach.*]

00:00:07 - 00:00:13

[Text on screen: *1 - Reach.*]

[Animation: *A man in the driver's seat of a car is seen reaching across his body to open the car door. A red arrow is drawn showing the man's movement.*]

[Text on screen: *Reach across your body with your hand furthest from the door.*]

00:00:13 - 00:00:20

[Text on screen: *2 - Turn & Look.*]

[Animation: *A woman sitting in the driver's seat of a car has her hand on the door and is shown turning her head around to look behind her. A red arrow is drawn to demonstrate where the woman is looking. A cyclist is shown about to pass by.*]

[Text on screen: *Check mirrors and conduct a shoulder check to look for people cycling.*]

00:00:21 - 00:00:30

[Text on screen: *3 - Exit Safely.*]

[Animation: *Birdseye view of an individual about to leave their car as a cyclist passes by. Two dotted lines are drawn that show where the individual is looking. They wait for the cyclist to pass, before stepping out of the car.*]

[Text on screen: *Slowly open the door and when safe, exit the vehicle. Two wheels or four, we can all travel safely together.*]

00:00:31 - 00:00:35

[Graphic: *CAA and Share the Road logo appear on blue background.*]

[Text on screen: *To learn more cycling safety tips visit caasco.com/cycling.*]