



Welcome to UK News Feb 24th 2016
your weekly update from around CEMEX UK

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BEING THE BEST FOR FAMILIES

Think Before You Talk And Drive....



A salutary reminder of the risks of using a mobile phone whilst driving was reported in the media over the weekend:

<http://www.bbc.com/news/uk-england-nottinghamshire-35613918>

A 65 year old woman tragically lost her life when the driver of a van, who was using his mobile at the time, caused a 6 vehicle pile-up. The driver was jailed for 4 years and banned from driving for 7 years.

Do you always follow the company policy on mobile phone use and do you encourage your colleagues to comply?

If you do decide to use the phone in the vehicle remember **it must be:**

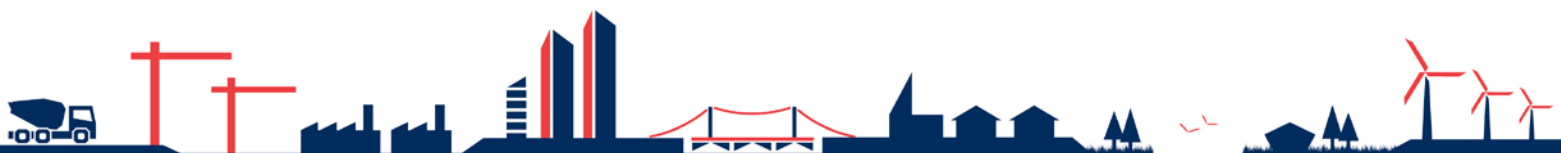
- hands free
- an urgent call that cannot be avoided
- kept to a minimum length – arrange to call them back when you aren't driving

A Difficult Step In At Ellesmere Port



This week at our Ellesmere Port Asphalt Plant Dave Sands (Plant Manager) and the Team stepped in and spoke with a customer regarding lack of PPE. Dave and the Team spoke with the customer at length to explain why we need to comply with the PPE request. They used the skills developed at the recent 'Step In' road show to conduct the conversation in a calm and non-confrontational way.

Unfortunately, the customer took no notice of the discussion and on the next visit ignored our PPE rules again. The customer was requested to leave site without being supplied material. He has been politely advised that he will not be served in future unless he can convince us of a change in attitude and behaviour towards our requirements.



John MacSween Smith, Asphalt Ops Northern, commented: "Not all step-in instances end up with the text book ending, but this should not deter us or our Teams from making the tough decisions and looking after everybody on our sites."

Well done Dave and the Team at Ellesmere Port."

MPA Health & Safety Awards Submissions Time...



The Minerals Products Association has launched their UK Health and Safety Awards 2016. CEMEX UK has performed very well in these awards in the past and it would be great to continue this trend. Not only are the awards an opportunity to celebrate success, more importantly they help us share good practice across CEMEX and the wider industry.

It would be great if we can encourage as many submissions as possible, however, it should be noted that we are limited to 16 entries in total. In order to identify the strongest contenders and meet the deadline, it would be helpful if **submissions can be sent to either the local Health and Safety Advisor or Frances Bott (Frances Catherine Margaret Bott/GB/Cemex) on the relevant MPA entry form by Friday 18th March**. This will allow sufficient time to evaluate the entries, draw up the short-list, and make the submissions.

The relevant award categories are shown in the list below and the entry forms for each are available via the following link: <http://www.safequarry.com/best-practice-awards.aspx>

- Behavioural Safety; Safety Culture; Leadership
- Bitumen; Asphalt; Contract Surfacing
- Contractors' Safety
- Engineering Initiatives
- Occupational Health and Well-Being
- Reducing Occupational Road Risk
- Transport Initiatives
- Worker Involvement

The entry criteria guidance for the awards is also attached or in the download section of UK News.

LTI Congratulations To...



Aggregates South East Area who have achieved 8 years LTI free, their next milestone is 1 year TRI free which they should reach in August.

Northern Readymix, Cluster 6 (Merseyside / Lancashire) who have reached 6 years LTI free and are looking forward to becoming 3 years TRI free in October.

Aggregates North East Area who have achieved 7 years LTI free. They are now focused on reaching 1 year TRI free in September.

Angerstein Wharf who have achieved 10 years LTI free.



UK Logistics who have reached 4 years LTI free and are now looking forward to passing 2 years employee and contractor LTI free in July.

Thank You...



Thanks go to Lynsey Smith and Jane Barker on the second floor of CEMEX House, Rugby who looked after one of our colleagues after he was taken ill and passed out. Both Lynsey and Jane acted very professionally by making the person comfortable while waiting for the paramedics to attend; thankfully our employee who was taken ill is recovering well.

Rollover Step In....



One of our hauliers, Sarah McLaughlin, 'Stepped In' last Tuesday to prevent a potential rollover. Sarah was delivering material on CEMEX's behalf into our Readymix Bradford Plant.

Ronnie Simpson, Commercial Haulage Manager, takes up the story: "When Sarah was starting the tip she immediately noticed the trailer starting to lean to the one side and stopped, lowered the body and checked the load which had been loaded severely to the one side. At that point she contacted her transport office who then dispatched their

mechanics to attend to safely level the load. The load was then safely tipped at our outlet.

We have since made contact with Humberside Aggs Operations and discussed the near miss. We provided them with guidance and information relating to our recent Rollover campaign and official video, as well as loading best practice guidelines, which they intend to use and cascade to their staff on site. Additionally, they will consider installing a weighbridge camera to look into vehicles and potential viewing platform space/cost permitting.

Humberside were very positive on our approach and welcomed our support.

Thanks go to Garry Blakeston, Batchelor, and Roger Taylor, RMX Ops Manager Cluster 7, for raising the alert so that we could then fully follow-up, and also Sarah for being on the ball and alert."

Tiredness Kills... Sleep Apnoea



WATCH YOUR HEALTH

Driving or working when you are tired is dangerous and one of the main cause of accidents. One cause of tiredness is Sleep Apnoea. The following article gives you the main symptoms and causes and what to do if you think you suffer from it.



Obstructive Sleep Apnoea (OSA) is a condition where the walls of the throat relax and narrow during sleep, interrupting normal breathing. There are 2 types of breathing interruption characteristic of OSA: **apnoea** – where the muscles and soft tissues in the throat relax and collapse sufficiently to cause a total blockage of the airway; it is called an apnoea when the airflow is blocked for 10 seconds or more **hypopnoea** – a partial blockage of the airway that results in an airflow reduction of greater than 50% for 10 seconds or more.



What happens in OSA?

People with OSA may experience repeated episodes of apnoea and hypopnoea throughout the night. During an episode the lack of oxygen triggers your brain to pull you out of deep sleep – either to a lighter sleep or to wakefulness – so your airway reopens and you can breathe normally. After falling back into deep sleep further episodes of apnoea and hypopnoea can occur. These events may occur around once every one or two minutes throughout the night in severe cases.

Most people with OSA snore loudly. Their breathing may be noisy and laboured and it is often interrupted by gasping and snorting with each episode of apnoea. ***These repeated sleep interruptions can make you feel very tired during the day.*** You'll usually have no memory of your interrupted breathing so you may be unaware you have a problem unless a partner, friend or family member notices the symptoms while you sleep.

When to seek medical advice

You should see your GP if you think you might have OSA. They can check for other possible reasons for your symptoms and can arrange for an assessment of your sleep to be carried out through a local sleep centre.

What causes OSA?

It's normal for the muscles and soft tissues in the throat to relax and collapse to some degree while sleeping. For most people this doesn't cause breathing problems but in people with OSA the airway narrows as the result of a number of factors including:

- being overweight or obese
- having a large neck
- taking medicines that have a sedative effect, such as sleeping tablets
- having an unusual structure in the neck (narrow airway, large tonsils, adenoids or tongue, a small lower jaw)
- smoking or drinking alcohol, particularly before going to sleep

Did you know that if you have sleep apnoea you are four times more likely to have coronary heart disease? There is a strong link between sleep apnoea and heart health so it is important to be aware of the risks and make an effort to reduce them. Sleep apnoea is linked to obesity – a major risk factor for heart disease and stroke.

Although it still appears unclear as to whether sleep apnoea is the cause of obesity and heart health problems or if in fact, obesity and heart health problems lead to sleep apnoea, the link between the two is evident and well-documented in several studies:

- A 10% weight gain is linked to a sixfold increased risk of developing moderate to severe obstructive sleep apnoea
- Patients with sleep apnoea are four times more likely to have coronary heart disease
- 50% of congestive heart failure patients have sleep apnoea
- 35% of people with obstructive sleep apnoea have hypertension
- 70% of people who have had a stroke have sleep apnoea
- ***A person with sleep apnoea is seven times more likely to have a car accident*** (drivers who are diagnosed with OSA and feel sleepy during the day must tell the DVLA (Driver and Vehicle Licensing Agency) and stop driving. Only once you are being successfully treated are you safe



to drive) – see information leaflet from DVLA in the download section of UK News – Tiredness Can Kill – Advice for Drivers



For further Information:

britishsnoring.co.uk

<http://www.nhs.uk/Conditions/Sleep-apnoea>

blf.org.uk (British Lung Foundation)

BEING THE BEST FOR CUSTOMERS

Disaster I Hear You Say... Not In Cluster 16!



David Taylor, Sales Rep in Cluster 16, posted this story on Shift - yet again showing what brilliant Teamwork can do to deliver great customer service.

"On Wednesday 17th Feb we had a planned 300 mtr pour from the Plant in Pershore for C C Contracting. We got to 66 mtrs and everything was running great until we heard a bang...

After investigations by Brian Poutney and Peter Hember it was found that the batchbelt head drum had snapped. 'Disaster!' I hear you all say... not in Cluster 16. The customer was made aware that for the pour to continue we

would need to run the rest from Ryall Plant. We delivered 288 mtrs with the last load leaving the Plant at 8.30pm.

With constant updates from myself to the site, and the great Teamwork from Tom Jeffries, Paul Nicholson, Peter Hember plus great support from the Hereford, Ludlow, Bromsgrove IHCs, as well as Adam, IHC from Pershore, and John, IHC at Ryall, the customer was very happy and we could continue the pour. The customer asked me to pass on his thanks to the Team.

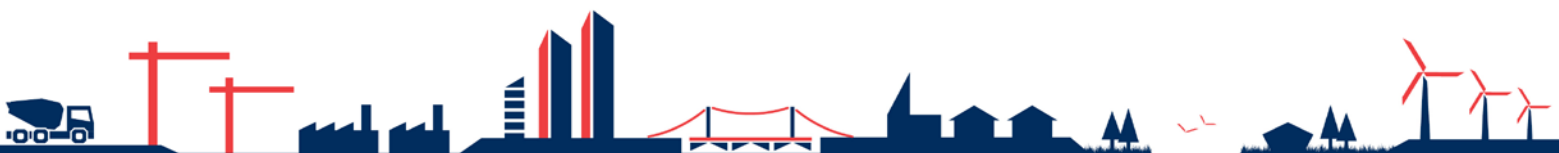
I also need to thank Steve Prattley, the Plant Manager for Pershore, who had everything under control before the breakdown happened, and Steve Hughes for his assistance! There is one more thank you to the Cement and Aggs Teams who helped with such smooth deliveries of material!"

BEING THE BEST FOR SHAREHOLDERS

Groundbreaking Report Highlights Significance of UK Mineral Extraction To The Economy



A new report prepared by the MPA, on behalf of the CBI Minerals Group, shows how critical the UK mineral extraction industry, particularly the non-energy sector, is to the economy. Mineral extraction contributes to the UK economy by underpinning £235bn in value added, representing 16% of the total UK economy. By looking at



historical and current production patterns, this report illustrates that minerals are essential, providing the foundations for every sector of the economy by supplying vital raw materials at the heart of UK growth.

This innovative report follows and complements the recent report published by the UK Minerals Forum “**The Future of our Minerals**”. Together, these 2 reports aim to set the scene for the development of a UK Minerals Strategy, which will be published in 2016.

Read the report by using the following link:

www.mineralproducts.org/documents/CBI_UK_Mineral_Extraction_Industry_2016.pdf

More Solutions For Customers In The South West



“It was great to see one of our new pumps on display at the UK Concrete Show”, commented Rob Sims, Cluster 20 Manager. “As you can see from the photo we have purchased a small ro-line pump. It’s a new venture for us but something we are very excited about and gives us a great solution to our customers’ needs. We have thought long and hard about our value proposition to the small end customer and can now offer to the market 8m3, 6m3, 4m3 trucks, line pumps and a local one stop shop feel.

We have been marketing the offering since the New Year and the interest from customers who have not traded with us before or have left us over the last few years, has been great. We are looking to give the small end customer the CEMEX brand safety, but give them back the local feel they want.

Well done everyone involved from Cluster 20 - exciting times!”

BEING THE BEST FOR COMMUNITIES

Jo And Celaine Take A Walk On The Moon....



Jo Wright and Celaine Cave from Rugby (and a couple of other non-CEMEX friends) are taking part in the London Moonwalk in May as well as organising a fund raising event at Rugby office on the 3rd March.

The Moonwalk is a power walking event around Central London overnight where all participants walk in decorated bras.

Celaine commented: “Having done this event before we assure you it is freezing!! We will be walking a mere 15 miles... (fingers crossed it falls in the pedometer challenge week!). All walkers raise money for charity ‘Walk the Walk’ which is a grant charity and gives all of its funds to various Breast Cancer charities.

More info on the event and the charity can be found here: <http://www.walkthewalk.org/Home>



To sponsor us on our walk you can donate directly to our fundraising page at:
<https://moonwalklondon2016.everydayhero.com/uk/Rugbyrackpack>

We would like to raise a nice round £1,000 and as part of our fundraising we are also holding an event at CEMEX House in the Canteen on **Thursday 3rd March from 10 – 2pm**. We have themed this around Mother's Day as it is the Sunday afterwards and is pertinent to Breast Cancer awareness (it will also be good for non-mother's day shopping though!)

This is what will be there:

The old favourite - Cake Sale - Lots of cakes and snacks will be available to purchase. Come on down and get some for you or your Team! (All money raised from the cake sale will be donated to the charity). If you would like to donate some cakes we would be really grateful - please let myself or Jo know.

Twinings Home Fragrance - Beautiful hand poured natural soy wax candles and melts made locally in Rugby. (Soy wax is a natural product and therefore does not leave soot marks, etc, and the fragrance lasts much longer than with paraffin wax candles). They all smell wonderful so come and have a smell and purchase some for your home. These make amazing gifts or just a lovely treat for yourself! Premium standard candles at affordable prices - starting at just £2.50.

<https://www.facebook.com/groups/691421284335594/> for details on fragrances.

Alison's Flanelography - Beautiful handmade gifts using towels, flannels, handmade soaps and other delicious toiletry items. From small gifts up to hampers, Alison has a huge selection of perfect Mother's Day gifts available with prices starting at just £3.00. These are great gift items.

<https://www.facebook.com/AlisonsFlanelographygifts/?fref=ts> for more details.

Bra Pins - We have a box of Bra Pins that can be bought. They are just £1.00 each and all of the money goes to the charity. These are currently on reception as well as a donation tin. If you would like one they will be in the canteen on the day.

Donation Station - There will be a table of donated goods (books, gift sets, toiletries, etc) where you can take an item for a donation. Feel free to bring something in to donate or buy something and leave us some cash in the pot! All money from this will also go to the charity.

Raffle!! - The exciting part! Tickets are £1.00 each and can be bought from Jo or myself. Have a go and have the chance to win some amazing prizes!! (All money donated to the charity as all prizes have been donated).

1. £50 Amazon Voucher
2. Paintball Pass (Up to 24 people)
3. Tin Chocolates
4. Ladies Handbag
5. Mini Facial Voucher
6. Bottle Wine
7. Bouquet of Fresh Flowers
8. Mens Toiletry Set (Aftershave, etc)



9. Ladies Bayliss & Harding Toiletry Set
10. Bottle of Prosecco
11. Ladies Costume Jewellery Bracelet Set
12. Ladies Costume Jewellery Bracelet Set
13. CEMEX Conservation Book
14. Bottle Spirits
15. Lunch Voucher for The Alexander Arms
16. Twinings Home Fragrance Candle

We'd really love it if you can pop down, buy some cake, have a browse and help support us in our fundraising plus you can get some great Mother's Day gifts and some cake!! If anyone would like to donate some cake or can volunteer some time to help man the cake stall please let myself and Jo know (ext. 7516 or 7243)."

BEING THE BEST FOR EMPLOYEES

One Quarry, A Crisp Winter Morning And A Good Eye....



Ronnie Simpson our Northern Contract Haulage Manager took this great shot at Shap Quarry with the help of a Google photo app to enhance the colours.

Ronnie has managed to capture the rugged beauty of a raw winter's morning. Industry and nature side by side...

Scam Email Warning For DVSA Customers



The DVSA is warning the public of scam Emails asking you to 'find your receipt attached.'

We are aware that some members of the public have received Emails claiming to be from the DVSA fixed penalty office which contains an attachment to a fixed penalty receipt.

The DVSA never sends fixed penalty notices to customers by Email. We strongly advise anyone who receives any of these Emails to delete the Email without opening the attachment.

Find out how to report internet scams at this website: <http://links.govdelivery.com>



25 Years For Steve



Congratulations to Steve Mitchell, Plant Supervisor for RMX Scotland, who recently received his 25 year award - he decided on John Lewis vouchers.

Engagement Up 12%!



As many of you will know the headline results from our 2015 Engagement Survey are now here, as shared at our roadshows (25-29 January). It is very pleasing to see the 12% improvement in our engagement index from 64% to 76%, and that 72% of our people completed the survey. Our results highlighted:

What people like:

- Our commitment to Health & Safety
- The actions we've put in place since the last survey
- Confidence in how we manage our business

What people feel frustrated about:

- Internal communication could be better... we're working on this
- Poor customer service experiences
- Customers' frustrations quickly become our frustration because we care about solving customers' problems
- Work - life balance

We need to understand more about why we are scoring low in these areas and so the next step will be for the business areas to arrange for sessions to take place to look in depth at these results – this will be an opportunity for you to work in collaboration with your Team members from your business area in order to discuss these issues.

We have developed "Voices into Actions" posters and these have been posted now to all our sites. They summarise our UK national results. Following our action planning process there will be further 'localised' posters which will help to communicate what we are doing.

We will continue to work on being the best for employees across CEMEX UK and ensuring we continue to be the winning Team.

Travelling Abroad For Work?



Please ensure you use the business traveller protection programme!



If you are planning to travel away from the UK on CEMEX business please remember to use the programme. If you are not familiar with it the details can be found on Shift:

<http://shift.cemex.com/forums/html/topic?id=ba6ceda4-7386-4a22-ab7e-7b236589e2d0>

Whilst we are sure nearly everyone uses this when travelling it is particularly important at the moment with the emerging outbreak of the Zika Virus, occasional threats of terrorism and extreme weather events. These situations can change regularly so it is important that we are aware of your travel plans so we can take any appropriate action for your wellbeing.

If you have any questions on the programme please contact a member of the Security Team via 01788 517320.

Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
035-02-2016	Quarry Operative	Aggregates Southern	Denge Quarry	26/02/2016
046-02-2016	Production Team Leader	Cement	South Ferriby	01/03/2016
047-02-2016	Assistant Quarry Manager	Aggregates Scotland	Loanleven Quarry – Almondbank Perth	26/02/2016
048-02-2016	Weighbridge Operative	Aggregates Northern	Moota Quarry	04/03/2016
049-02-2016	Weighbridge Operative	Aggregates Northern	Shap Quarry	04/03/2016

For further details on other roles and a full listing of other vacancies, together with information on how to apply, please log on to CEMEX Shift > My Services > Internal Vacancies>New IVCs.

We would love to hear from you for the next edition

To send us a story: either click on 'submit a story' on the UK News website or email gb-communicationsandpublicaffairs@cemex.com or call us on 01932 583 217/006

If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.





ENTRY CRITERIA GUIDANCE



For all your entries please demonstrate to the judges where you started, how success was measured, and the final achievement, also consider how you may further develop your submission.

Judges feedback from last year's awards indicated that there were some very good ideas and initiatives, they just had not been able to develop in the fullness of time.

So a year on please consider those, can you now demonstrate clear progress and achievement, then resubmit them this year.

- Behavioural Safety; Safety Culture; Leadership
- Bitumen; Asphalt; Contract Surfacing
- Contractors' Safety
- Engineering Initiatives
- Occupational Health and Well-Being
- Reducing Occupational Road Risk
- Transport Initiatives
- Worker Involvement

Behavioural Safety; Safety Culture; Leadership

The **MPQC Trophy** will be awarded to the site/company/organisation for the best initiative(s) that clearly demonstrate influence over any aspect of a Behavioural Safety Program or improvement in Safety Culture, both of which are likely to involve the demonstration of strong and effective Leadership which, on its own, may be the subject of your entry.



Below are some of the areas for consideration – the list is not exhaustive:

- **Leadership** initiatives that demonstrate and focus on instilling lasting safe and healthy behaviours
- **Engaging with employees** via Health and/or Safety briefing sessions
- Encouraging the giving of **workforce feedback**; Methods used; Actions taken as a result of feedback
- **Coaching ideas** used to reinforce safe behaviours and to change at-risk behaviours with individuals and teams
- **Effectiveness of coaching** by Managers and Supervisors
- **Communications**: Messaging, such as road shows, newsletters, briefings, use of technology, signage, etc.
- Consultation arrangements
- Method employed to encourage **recognition & acknowledgement of safe behaviours** by individuals and groups

- How you **measure, analyse & communicate** reactive and proactive behavioural Key Performance Indicators
- What was particularly new or innovative or evolutionary

Judges will also be looking for those ideas that demonstrate a clear reduction in accidents caused by human behaviour and how those ideas may be readily transferred within and beyond the mineral products industry.

Bitumen; Asphalt; Contract Surfacing



The **RBA Trophy** will be presented to the site/company/organisation within this sector that can clearly demonstrate an initiative, or combination of initiatives, that has had the most success in improving the Health and Safety of its own workforce and/or contractors and/or third parties. Where relevant, this may include protection of members of the public from work-related activities.

Here are just a few examples (not exhaustive):

- Elimination of, or a clear reduction in, risk of injury or occupational ill-health in the sector
- Priority to measures that protect collectively, rather than that protect individuals
- Measures that do not introduce other hazards
- Measures that reduce the need for maintenance
- Measures that reduce the need for working at height

Judges will be looking for your submissions to define:

- What you have done
- Reasons for undertaking the initiative
- The process you followed from concept to implementation
- Who was actively involved
- What was the outcome; Are there 'before' & 'after' monitoring results
- What was particularly new or innovative or evolutionary

Judges will also be looking for those ideas that demonstrate a clear improvements and how those ideas may be readily transferred within and beyond the mineral products industry.

Contractors' Safety



The **BACMI Trophy** will be awarded to the site/company/organisation that clearly demonstrates a commitment that has resulted in the most improved contractor safety and/or occupational health, through an individual initiative or combination of initiatives.

Your submission should describe initiatives taken, by you as a Client, OR as a Contractor, OR jointly, to improve contractor safety in your organisation or individual site.

Here are just a few examples of what you might consider in your entry (this list is not exhaustive):

- Approach taken in the selection and monitoring of contractors

- Active monitoring of contractor safety and implementing lessons learned
- Efficient use of MPQC-SPA Contractor Safety passport system to the advantage of Contractor and Client
- How you assess the **competence** of contractors, sub-contractors and agency workers
- Jointly reducing an identified risk; Jointly providing safer and/or healthier services

Judges will be looking for your submissions to clearly define:

- What you have done
- Reasons for undertaking the initiative
- The process you followed from concept to implementation
- Who was actively involved
- What was the outcome; Are there 'before' & 'after' monitoring results
- What was particularly new or innovative or evolutionary

Judges will also be looking for those ideas that demonstrate a clear improvement in contractor safety and how those ideas may be readily transferred within and beyond the mineral products industry.

Engineering Initiatives



The **MPA Trophy** will be presented to the site/company/organisation that can clearly demonstrate an innovative or evolutionary engineering design, improvement or solution which has led to the most notable elimination or reduction in the risk of injury and/or occupational ill-health.

The potential of engineering design to reduce or eliminate hazards, **at source**, is a critical factor in the hierarchy of risk control and is at the very root of the internationally-renowned “**Safer by Design**” initiative.

Here are a few examples of what you might consider in your entry (this list is not exhaustive):

- A clear reduction to risk of injury and/or occupational ill-health
- Priority to measures which protect collectively over individual measures
- Should be operator and maintenance friendly
- Does not introduce other hazards

Judges will be looking for your submissions to clearly define:

- What you have done
- Reasons for undertaking the improvement
- The process you followed from concept to installation
- Who was actively involved
- What was the outcome; Is the outcome measurable?
- What was particularly new or innovative or evolutionary

Judges will also be looking for those ideas that demonstrate a clear safety improvement and how those ideas and designs may be readily transferred within and beyond the mineral products industry.

Occupational Health and Well-Being



The **Wimpey Minerals Trophy** will be presented to the site/company/organisation that can demonstrate where innovative or evolutionary idea(s) are having the most beneficial impact on the health and/or well-being of all or a particular group of workers, and/or contractors, where appropriate.

This impact should be related to the elimination, or reduction, of a significant workplace health risk. Alternatively, other workplace changes which have had a significant impact on the health/well-being of the work force (e.g. through reduction of sickness absence; rehabilitation; job adjustment and managing employees back into work; good health/lifestyle initiatives) will also be considered.

Some examples or combinations may include (there may be others):

- Health promotion and education
- Automation of a process
- Personal health development and review system
- Recognition and managing stress

Judges will be looking for your submissions to clearly define:

- What you have done
- The reasons for undertaking the initiative
- The process you followed from concept to implementation
- Who was actively involved
- What was the outcome; Are there 'before' & 'after' monitoring results
- What was particularly new or innovative or evolutionary

Judges will also be looking for organisations that have gone that extra mile to embed Occupational Health and Wellbeing into their business using the initiatives they have identified. Judges will similarly be looking how those ideas may be readily transferred within and beyond the mineral products industry.

Reducing Occupational Road Risk



The **TfL Trophy** will be presented to the site/company/organisation that has clearly identified the risks and implemented technology, management systems and/or behavioural initiatives to best reduce Occupational On-highway Road risk.

All initiatives must demonstrate direct impact on reducing the risk of road traffic accidents involving some or all transport employees, franchisees, contractors, 'collect' drivers, van drivers, and/or car drivers on company business.

Here are some examples of what you might consider in your entry (this list is not exhaustive):

- Driver training and induction
- Communicating with drivers whose first language is not English
- Use of technology; Load security
- Specific driver campaigns
- Systems for managing occupational road risk

Judges will be looking for your submissions to clearly define:

- What you have done
- Reasons for undertaking the improvement
- The process you followed from concept to implementation
- Who was actively involved
- What was the outcome; Is the outcome measurable?
- What was particularly new or innovative or evolutionary

Judges will also be looking for entrants who have gone the 'extra mile' to embed a culture of safer driving and how those ideas may be readily transferred within and beyond the mineral products industry.

Transport Initiatives



The **Blue Circle Trophy** will be presented to the site/company/organisation that can clearly demonstrate initiative(s) that have had the most success in reducing or eliminating the risk of injury and/or occupational ill-health.

Here are a few examples of what you might consider in your entry (this list is not exhaustive):

- Traffic management systems
- Reducing or removing the risks from working at height (inspection, securing loads, clean-outs, etc)
- Ensuring accurate and even distribution when loading
- Preventing LGV overturns (vehicle design/maintenance/housekeeping/sticky loads/environmental conditions/etc)
- Aids to vision (all-round vision; front/rear/side view aids; reversing aids/systems)
- Reducing slips/trips/falls when entering/exiting LGV cabs

Judges will be looking for your submissions to clearly define:

- What you have done
- Reasons for undertaking the improvement
- The process you followed from concept to implementation
- Who was actively involved
- What was the outcome; Is the outcome measurable?
- What was particularly new or innovative or evolutionary

Judges will also be looking for entrants who have gone the 'extra mile' to embed a safer operational culture and how those ideas may be readily transferred within and beyond the mineral products industry.

Worker Involvement



The **TUC Trophy** will be presented to the site/company/organisation that can clearly demonstrate the best initiative led by workers, or that encourages

workforce participation, *and* is proactively monitored *and* results in positive health and/or safety outcomes.

Here are just a few examples (the list is not exhaustive):

- Management generated & led health and/or safety campaigns that involved workers from the outset
- Workforce led healthier and/or safer working procedures
- Workforce led health &/or safety interventions
- Initiative that demonstrates an improvement in workforce participation

Judges will be looking for your submissions to define:

- What you have done
- Reasons for undertaking the initiative
- The process you followed from concept to implementation
- Who was actively involved
- What was the outcome; Is the outcome measurable
- What was particularly new or innovative or evolutionary

Judges will also be looking for those ideas that demonstrate a clear improvement in worker involvement and how those ideas may be readily transferred within and beyond the mineral products industry.

End.

Are you **SLEEPY** all day?

Do you **SNORE** loudly when you sleep?

Do you **STOP BREATHING**, in your sleep, as noticed by a loved one?

YES? All these symptoms are linked to **obstructive sleep apnoea (OSA)**

OSA is easy to treat, and treatment can hugely improve your health and the quality of your life.

To find out more about OSA or to take our sleepiness test:
www.blf.org.uk/osa

Leading the fight against lung disease

www.blf.org.uk

The British Lung Foundation is a registered charity in England and Wales (326730) and in Scotland (SC038415)

**British
Lung
Foundation**

If you're worried you may have OSA or a lung condition give the Helpline team a call on
03000 030 555



Facts you should know about excessive sleepiness/tiredness and driving

- There is no excuse for falling asleep at the wheel and it is not an excuse in law.
- Up to one fifth of accidents on motorways and other monotonous types of roads may be caused by drivers falling asleep at the wheel.
- 18 – 30 year old males are more likely to fall asleep at the wheel when driving late at night.
- Modern lifestyles such as early morning starts, shift work, late night socialising, often lead to excessive tiredness by preventing adequate rest.
- All drivers who fall asleep at the wheel have a degree of warning.
- Natural sleepiness/tiredness occurs after eating a large meal.
- Changes in body rhythm produce a natural increased tendency to sleep at two parts of the day:-
 - Midnight – 6am
 - 2pm – 4pm
- Although no one should drink and drive at any time, alcohol consumed in the afternoon maybe twice as potent in terms of producing sleepiness and driving impairment as the same amount taken in the evening.
- Prescribed or over-the-counter medication can cause sleepiness as a side effect. Always check the label, if you intend to drive.

Find out about DVLA's online services

Go to: www.gov.uk/browse/driving

Contact us

Write: Drivers Medical Group, DVLA,
Swansea SA99 1TU

Phone: 0300 790 6806
(8am to 5.30pm Monday to Friday)

Saturday 8am to 1pm

Fax: 0845 8500095

Website: www.gov.uk/contact-the-dvla

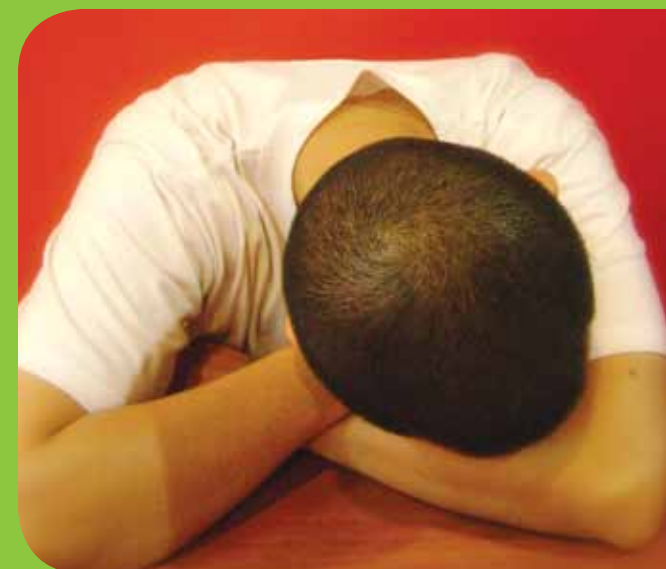


Driver & Vehicle
Licensing
Agency

INF159

Tiredness can kill – Advice for drivers

including drivers with Obstructive Sleep Apnoea Syndrome (OSAS)





What if I have a condition causing sleepiness/tiredness during the day?

- You need to tell us if you hold a current driving licence of any type.
- You can tell us by email or download a form from the 'medical rules for drivers' section of www.gov.uk/driving-medical-conditions
- You can also tell us by post, fax, or phone.
- A third party notification will only be accepted in writing and must be signed by the letter writer.
- Please include your full name, address and date of birth.

We will then send you a questionnaire so you can give us details about your medical condition. The questionnaire also enables you to provide your consent for our Medical Advisers to request medical information from your doctors.

It may take some time to complete our enquiries, in the meantime we advise you to speak to your doctor or specialist about driving while we are completing our enquiries. A decision will be made about your driving licence as quickly as possible.

Facts you should know about Obstructive Sleep Apnoea Syndrome (OSAS)

- OSAS is the most common sleep related medical disorder.
- OSAS significantly increases the risk of traffic accidents.
- OSAS occurs most commonly, but not exclusively, in overweight individuals.
- Partners often complain about snoring and notice that the sufferers have breathing pauses during sleep.
- OSAS sufferers rarely wake from sleep feeling fully refreshed and tend to fall asleep easily when relaxing.
- Long distance lorry and bus drivers affected by OSAS are of great concern as most will be driving on monotonous roads/motorways and the size or nature of the vehicle gives little room for error.
- Estimates suggest at least four in every hundred men have OSAS. Sleep problems arise more commonly in older people.
- Lifestyle changes for example weight loss or cutting back on alcohol, will help ease the symptoms of OSAS.
- The most widely effective treatment for OSAS is Continuous Positive Airway Pressure (CPAP). This requires the patient to wear a soft face mask during sleep to regulate breathing. This treatment enables patients to have a good night's sleep, so reducing daytime sleepiness and improving concentration.



Other conditions which may cause sleepiness/tiredness

Although all drivers are subject to the pressures of modern life, many drivers are unaware that some medical conditions also cause excessive sleepiness/tiredness.

- Illnesses of the nervous system, such as Parkinson's disease, Multiple Sclerosis (MS), Motor Neurone Disease (MND) and Narcolepsy may also cause excessive sleepiness/tiredness. Sometimes these illnesses alone may cause drivers to be unfit for driving.
- Tiredness or excessive sleepiness can be a non-specific symptom of Parkinson's disease, MS, and MND or may also be related to prescribed medication.
- Narcolepsy also causes daytime sleepiness/tiredness as well as other symptoms that may be disabling for drivers.