



Welcome to UK News 24th May 2017
your weekly update from around CEMEX UK

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BEING THE BEST FOR FAMILIES

Reminder To Focus On The Basics



It was a very sad week for all our operations following the death of Jimmy Brownlie at West Calder Block Plant a week last Saturday. Jimmy's death is a stark reminder of how quickly things can go wrong, with devastating consequences, and the importance of always following the basics:

THE 12 SAFETY ESSENTIALS – look after yourself and each other

STOP & THINK – before starting any task

ALWAYS STEP IN – if you see unsafe behaviour

I would encourage anyone who has not yet seen the video about the incident, and the effect on our people, to take the time to watch it, before discussing what more we can do to keep everyone safe with our teams.

It is available via the following link:

<https://goo.gl/WymqJ7>

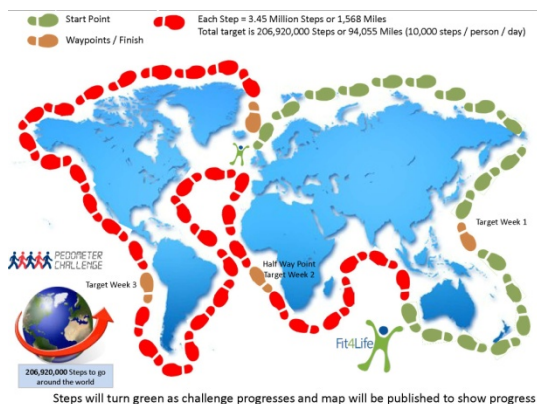
It is vitally important at a time like this that we ensure we support Jimmy's family and close colleagues.

Thanks go to the team who have been doing all they can to help with this.

We are carrying out a full investigation into the incident and supporting the authorities with their enquiries. We have already taken steps to share preliminary findings with Managers, not only in the UK Operations but also across CEMEX globally and the wider UK industry via the Minerals Products Association. It is essential that we review these initial findings and any subsequent learning points fully on every site to ensure we prevent any further tragic incidents.



How Are We Doing With Our Steps?



Well done to everyone who is taking part in our Pedometer Challenge. As we are in our last week hopefully you are all feeling the benefit of that additional exercise!

We have taken a look at the returns for the first couple of weeks and, as you can see from the map (the green footprints show how far we've walked), it looks like we're behind our target; however, only three quarters of the teams have uploaded their steps for Week 2.

It would be great if team leaders could bring their steps up to date so we can see how we are doing against the overall target.

Based on the data entered for the first two weeks, the top five teams so far are:

Team Name	Average Steps Per Person Per Day
Southern Aggregates Logistics Drivers	19,518
Sole Survivors	17,819
Only FORS and Horses	15,517
Thorpedos	15,324
A Shaw Thing	14,415

With warm weather predicted for many parts of the UK over the next few days, enjoy your stepping but remember to keep well hydrated!

Look After Your Health



We are now into Week 4 of the Pedometer Challenge and those steps are really adding up - let's keep the momentum going!

With that in mind, let's think about one of our Health Essentials – Stay Active, Hydrated and Eat Well. If you are looking after yourself and keeping fit and healthy you give yourself the best chance of being alert and aware of potential hazards at work and home.

The World Health Organisation recommends we do 30 minutes of moderate exercise at least five days a week.

(This image can be downloaded from the UK News website to display on your notice board).

Drink Plenty of Water



It is vital that we stay hydrated and drink plenty of water. Your body needs water for a wide variety of reasons including transportation of nutrients around the body and



for waste products carried out of the body in the form of urine. It also allows organs to function, regulates body temperature, aids digestion and helps our muscles to contract and relax. Being well hydrated will help concentration levels, performance and general wellbeing.

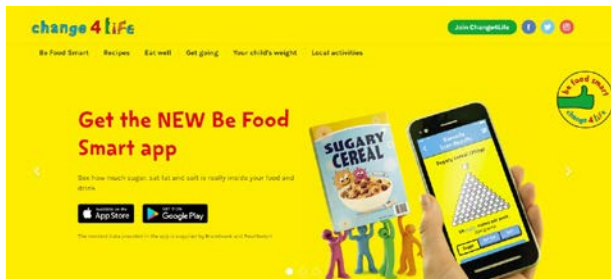
Because your body loses water through breathing, sweating, and digestion it's important to rehydrate by drinking fluids and eating foods that contain water.

How to Improve Hydration

Our bodies can't store extra water so try to drink regularly throughout the day to stay hydrated.

- Give your digestive system a boost in the morning with a cup of hot water and a squeeze of lemon.
- Create a daily routine i.e. drink a glass after breakfast, one before lunch etc.
- Drink water instead of caffeine and alcohol.
- Have water constantly available throughout the day. Keep a water bottle on your desk to top up your glass and carry a bottle of water with you.
- If you are cold, drink warm water or herbal teas instead of coffee or tea which can dehydrate you.
- Eat plenty of fruit and veg as they have high water content and contribute to your daily intake.
- Keep a daily record of how many glasses of water you drink per day. Try to reach 8 glasses.

Eat Well – A Healthy Well Balanced Diet!



There is lots of great guidance and ideas out there including Apps you can download developed by the NHS – which have some great well balanced recipes too!

<https://www.nhs.uk/change4life-beta/be-food-smart#R1rysbz0j1VMC7B7.97>

Also see the Eatwell Guide and Eatwell Plate from Public Health England.

<https://www.gov.uk/government/publications/the-eatwell-guide>

Quick Thinking Rory Prevents Pile Up



Huge thanks to Driver, Rory Clark, whose quick reactions prevented what could have been a mass pile up on the M25 last week.

Rory is an Agency Driver working out of Tilbury Docks on the bulk cement tanker fleet. He had completed his first delivery of the day and was heading back along the M25 to reload at Tilbury when he noticed the lorry in front of him starting to weave across the lanes and hitting the barrier on the hard shoulder; rebounding him back into the live traffic lanes before finally coming to a stop in the

central lane.



Rory immediately turned on his hazard lights and pulled on to the hard shoulder. Getting out of his vehicle he signalled for the traffic behind to stop. He then gained access to the driver's cab where he discovered the driver had passed out at the wheel and a very shook-up drivers mate was sat in the passenger seat.

Rory asked the passenger to put the vehicle's hazard lights on to warn the vehicle behind of the problem. By the time he got to the driver he had regained consciousness and began to get out of the cab. He helped the driver and, once again stopped the traffic which was still moving around the stranded vehicle. He helped the driver to the hard shoulder where he could rest safely. Rory then went back to the lorry and drove it to the hard shoulder making the vehicle safe. He waited with the driver until an ambulance arrived and took him to hospital.

CEMEX received a letter of thanks from the driver's CEO commenting on the commendable actions of Rory: *"Who, through smart and excellent reactive driving, averted a major road incident on the M25. I am told that Mr. Clark, having quickly foreseen that our tanker was going out of control and was going to run across the motorway, immediately used his own vehicle to slow down and block vehicles passing his, preventing them coming into contact with our roaming vehicle that would unquestionably have resulted in serious injury and more probably fatalities. I gather Mr. Clark then also quickly attended my injured staff and made the vehicle safe from other road movement once it ran off the road."*

I would be very grateful if you can pass on my personal thanks to Mr. Clark for his actions and the thanks too of my driver team who I am pleased to report are recovering well albeit with fractured limbs. Clearly you have a very competent and decent man on board."

LTI And TRI Congratuations To:



The crew of the Welsh Piper for reaching 13 years LTI and TRI free.

Paving Solutions for reaching 2 years TRI free on top of their 5 years LTI free last November.

Garry Gregory commented: "Congratulations to everyone in the Paving Solutions business for this fantastic achievement. Undoubtedly they come as a result of the continued leadership, efforts and focus from you and the teams, in what can only be best described as testing environments to work in. Thank you to leadership team: Matt Crowder, Jonathon Burton, James Playford, Martin Ashfield, Phillip Hutchinson and William Johnson.

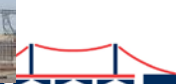
Please pass on my thanks to your teams for continuing to operate safely and for looking after themselves and their colleagues."

BEING THE BEST FOR CUSTOMERS

It's All A Load Of Scrap!!



After 2½ years of high strength concrete supply at Able's Seaton Port, Hartlepool, the CEMEX team up there witnessed the world's largest ship carry in Shells



de-commissioned Brent Delta Oil Platform into the completed Quay.

Gary Cain from Readymix Newcastle, takes up the story:

“Some project this was!! When I was first called to a Logistics Meeting with Contracts Manager, Mike Wood, the sheer scale and demands of the pours seemed out to be of our reach! They needed 18 x 750m3 single cast slab pours, pour time sensitive, and all to be placed via two mobile pumps!



This, together with multi pours on Quay 3 and Quay 9 totalling some 20,000m3, were supplied from our Plants at Hartlepool, Stockton and Middlesbrough. It was a mammoth task but one CEMEX were well able to take on.

I'd personally like to thank the Production team headed by Bill Clarke and the Technical boys, fronted by Steve Simm, for their efforts in helping support this project which passed by, I'm delighted to say, without a hitch!!

Mike Wood, Project Director, and Michael Cronin, Site Foreman, passed on their admiration to the spirit and endeavour shown in helping them achieve their goals. The proof of the pudding is in the photo which shows the Brent Delta Platform perched safely on our completed 13,500m3 slab!!

A picture is worth a thousand words!! Thanks folks.”

Superior Customer Experience Wins Berkswell A Huge Job



Last week our Readymix Plant at CEMEX Berkswell produced 4½ times its daily budgeted amount of concrete for two days running to supply a couple of Konfloor slabs at Meriden Biomass Facility!

Matt Doran, Sales Rep, commented: “This was especially pleasing given that CEMEX, Breedon and Tarmac were all less than a mile from the job - so it was a very competitive market. At the point of negotiating the sale with Kevin O’ Reilly back in April, we were also shown a copy of the Tarmac quotation which was cheaper than our proposition.

However, given that we had already been supplying the groundworks on the same project to Hennigan Building & CE Ltd, we argued that value is down to so much more than price. The time saved in having drivers and staff who were already very familiar with the busy goings-on of the site were worth so much more.

As always this could not have been done without great team work and collaboration. Special thanks should go to Gordon Mcdade for stopping late both nights to batch and whose many years experience proved invaluable. Thanks also to Relief Plant Supervisor, Damian Keogh; Team Leader, Andrew Parkes; Planner, Courtney Winter; Regional Credit Manager, John Marriott and Stuart Wood and Andrew Barber for ensuring a reliable and steady supply of aggregates on both days.”



CSC Giving SCE!!



The Customer Service Centre (CSC) have been receiving some fantastic feedback from customers about various members of their teams who have been leading the way with Superior Customer Experience (SCE). Well done to everyone mentioned.

Here are a few examples from internal and external customers:

Hannah from Admin has been quoted as being “always good at answering - excellent service” from our Sales Representative, Sally Tokens.

Kyle from Central, a new team member on the 4th floor, has certainly made an impression. Amy Smith had this to say: “I would just like to give Kyle some good feedback. He took a call for Northern earlier and had taken every detail possible and the customer was very happy because he didn't have to repeat anything and got his price straight away. The customer was Jewson.”

Latasha impressed the Southern region with an amazing 200m Permatite order! Silver Homes Developments rang with a request for Sika so Latasha took the opportunity to convert the customer into having Permatite.... way to go Tash!

Alsford Timber had some very kind words about Jordana and Steve, the Relief Batcher from Sittingbourne. “Dear Steve and Jordana. Thank you guys so much for your help and support today, you have been immense and I owe you both a lot.”

Preston Readymix Is Superb



These aren't our words they are the words of happy customer, Paul Abbott. Recently our team at Preston received a panic call from Northern Steel Decking at Marsh Street. The site team had under-ordered a make upload which resulted in our Preston Plant

team and Drivers staying until after 8pm to ensure the customer received their final load. The customer was so appreciative that we have secured a further order in Manchester.

In the words of Company Director, Paul Abbott: “What your guys in Preston did saved my company's reputation. I want you to supply my Manchester contract - superb CEMEX!”

BEING THE BEST FOR SHAREHOLDERS

Change Ahead, Ahead Of Change.....



This was the theme for the Asphalt Conference. It wasn't just best for shareholders but best for everybody!!



Garry Gregory invited all of his Management Team to Kenwood Hall in Sheffield for a day of discussion and inspiration. They had thought of everything - with health check apparatus set up on site for people to use and a pedal your own smoothie bike too!

Andy Taylor focused on safety and asked the groups what would be the one thing they would do to achieve ZERO harm. With health in mind, John Smith introduced two great testimonials from Trevor Golding and Steve Denmark about how they changed their lifestyles and greatly improved their health, and all the personal benefits that come with that.

Rob Cunningham and Phil Guest donned helmets and shields to avoid any stick from the audience about customer issues and Stuart Keighley gave an update on the changes ahead in our digital transformation.

Martin Ashfield and Jason Barker explained Environmental Profit and Loss (EP&L) in the context of Asphalt and gave some fascinating examples of biodiversity planning and energy improvement initiatives. Andy Spencer is keen for other parts of the business to take ownership of EP&L in the same way Asphalt has.

Brin Sandu and Les Luxon gave an update on the Employee Pulse Survey and actions in place.

Jesus also gave a global and national financial context and congratulated Asphalt for its excellent 2016 performance – it made more as a business than some other CEMEX countries!! Phil Hutchinson also ran through the Asphalt results and targets using the theme of Rocky..!

Olympian, Derek Redmond, was the Guest Speaker and shared his Tokyo Olympic Gold Medal and talked about his mindset of seeing only challenges never problems! How to harness social media to reach the younger generation was also discussed by Patrick Nicklin.

The team even had a video summary made of the day. If you would like to get a flavour of the day, here is the video link on Shift:

http://shift.cemex.com/communities/service/html/communityview?communityUuid=16131445-c7a8-4567-9626-91f13c518276#fullpageWidgetId=W802982e42b20_4536_8247_5e58161a41c8&file=47e9adcd-d501-4db7-acaf-3ce0969cc0b8

Important Cyber Security Warning



Due to a massive Malware infection (WannaCry's ransomware) initiated recently and affecting different companies around the world, CEMEX has reinforced software update distribution and a mandatory patching application released by Microsoft, in addition to enabling specific protection and monitoring mechanisms against this threat. The Malware takes advantage of a Microsoft vulnerability, encrypts information on computers, and asks for payment in exchange for decryption, and additionally uses the network to infect other computers.

The most effective protection mechanism is the prevention from each of you as computer end users.



We ask you to please follow the recommendations:

- If your computer shows a message related to a reboot, this is part of the updates. SAVE your documents, REBOOT, and continue working normally.
- DO NOT OPEN ATTACHMENTS, if you receive unsolicited e-mails containing unusual files, or from an unknown sender.
- DO NOT BROWSE OR DOWNLOAD FILES from websites or links you do not trust.
- Share the recommendations with external employees or contractors with access to CEMEX network and systems if you have direct contact with them.

In case you detect a suspicious behaviour or Malware in your computer, IMMEDIATELY turn off the network connection (WiFi and cable) and call the Help Desk to inform the Information Security Team or, using another device, send an email to: incident.management@cemex.com and ism@cemex.com

For more information about this WannaCry's ransomware go to:
<http://money.cnn.com/2017/05/13/technology/ransomware-attack-nsa-microsoft/>

Protecting CEMEX information is everyone's responsibility.

Sheffield's Biggest Train Delivery So Far.....



2017 has seen a big upturn in the consistency of supply from box wagons into Sheffield depot.

They were running with an average of 18 wagons in midweek and 11 on a Saturday, giving a weekly delivery total of 4,225 tonnes that often required additional road support to ensure they had sufficient volume to supply the local Readymix Plants and the external market.

Due to work from Nicola Drabble, Nick Watson and Adam Rickett (DB Cargo), they now have 24 brand new high capacity MMA wagons each carrying 75 tonnes payload per wagon. That is a whopping increase, per train load, of 1,850 tonnes per delivery - the equivalent to 64 articulated lorry movements. That now means they can get over 7,400 tonnes in a week, by rail, over the four paths available.

Come on Sales Teams - get those orders in and let's get batching!!!!

Probably The World's Largest Articulated Hauler....



Craig Hooper and the team at Halkyn are testing a Volvo A60H Articulated Hauler following the loss of a substantial part of the stockyard at the top of the Quarry.

Stone will need to be transported to a lower level within the site on occasions at up to 400 tonnes per hour. The Volvo A60H, with its rated payload of 55 tonnes, is being tested against this criteria as well as being able to transport as blasted material from the face to the primary crusher.



The bottom pic shows the Cat 990K loading the Volvo A60H and the top pic shows the Volvo A60H next to the now much smaller Volvo A40D.

BEING THE BEST FOR COMMUNITIES

Cluster 7 Lend-A-Hand Litter Picking



Michael Beresford, Gordon Renshaw, Sanchai Parkes and Rebecca Clareborough from Readymix Cluster 7 spent their lend-a-hand day litter picking in Rotherham to support the Don Catchment Rivers Trust.

They worked so hard they collected over 30 bags of discarded rubbish from the river bank, helping to make the area look tidy.

Sally, from The Trust, was so impressed by the commitment of our CEMEX employees they want them back again next year!

Jolly Hockey Sticks!



Here's a sight that you don't see every day!

Part of the restored land at Eversley Quarry has been made into a hockey pitch!

Coal Tits Return To Cigarette Box!



With winter finally gone, spring has brought back the family of Coal Tits to the East Kilbride Laboratory.

The redundant cigarette bin has once again become home to the birds that have spent the last few weeks preparing their nest.

Currently six small eggs are being attended to by the pair who the Technical department staff have affectionately called 'Steve and Ann', following the sound of their calls to each other.

The eggs should hatch in the coming weeks and we should see chicks trying to leave the nest by mid June.



Tough Mudder Event In Support Of The Combat Stress Charity



Scott Saunders is taking part in the Tough Mudder event to raise awareness of the charity, Combat Stress. The Tough Mudder obstacles are world famous for pushing the physical and mental boundaries of what a human can do - from jumping into breathtakingly cold water and ice, to being subjected to a mild electric shock – TMHQ works hard every year to surprise and challenge its participants.

Scott left the forces just over three years ago and appreciates the “amazing” work this charity does for veterans. Combat Stress provides free specialist mental health treatment to veterans of the UK Armed Forces. They treat conditions including Post-Traumatic Stress Disorder, depression and anxiety at their three treatment centres and also through their network of community teams.

If anyone would like to support the charity by either sponsoring Scott or making a small donation, please click on the link below:

<https://www.justgiving.com/fundraising/Scotty-Saunders>

CEMEX Marine Supports Arrow Riding School



Earlier this month CEMEX Marine donated aggregates to a project at Arrow Riding School in Kent, a charity which supports horse riders with mental or physical disabilities.

The charity approached one of our customers, J Clubb, to ask for support in laying 100m3 of concrete for a project they were working on. Clubb's were very pleased to assist and asked us to provide the aggregate for the concrete, which we were happy to do in support of such a good cause.

Having completed the project just in time, the Princess Royal visited the charity on 4th May to meet with volunteers, riders and those who had been involved in the project. Simon Clubb, Managing Director of J Clubb Ltd, commented: “It makes you feel good to be involved in such a worthwhile cause.”

BEING THE BEST FOR EMPLOYEES

Thanks For Your Effort Winner For April Is.....



Steve Smith, Multi Skilled Operative, Stourton Coating Plant. We work with some great people in CEMEX UK and here is another example of one of them.



Stourton faced a crisis when a combination of annual leave, honeymoons, hospital appointments and sickness decimated staff levels. Steve was on holiday but when he heard of the plight he cut short his holiday and came in to operate the Asphalt Plant on the Friday, Saturday and Sunday. Steve's



actions ensured that the production of Asphalt continued and the service to customers was not affected.

Jason Barker and John Beard from Stourton Plant commented: "This isn't the first time by any means that Steve has gone above and beyond, and is another example of the great commitment the staff have here at Stourton - 'Enthusiasm, Attitude and Pride'. This is over and beyond what was expected."

Thank you Steve and congratulations on winning the store vouchers for this month.

Thanks For Your Effort Nominees.....



Here are some more examples of the dedicated people we have working with us at CEMEX in the form of April's Thanks For Your Effort nominees, who were:



Andrew Raeburn, Site Manager at Leith Asphalt. During a night shift supply to our biggest customer at Leith, Scottish Borders Council, the Asphalt Plant unexpectedly broke down at 1am. Andy answered his phone from the nightshift team alerting him of the breakdown, and he got up drove to work and worked with the team to get the Plant operational. Supplies started again and the work was completed in time for the road to open again at 6am.

Thank you to Andy for keeping our customer happy and keeping the roads moving too!

Meyrick Osbourne, Readymix Shipper at Wick, and Matthew Baker, Mortar and Screed Sales Agent at Rugby. Meyrick and Matthew managed to pull out all the stops on a Bank Holiday Monday for a customer delivery. Both men worked late on the Bank Holiday to ensure we were set up for an early delivery on the Tuesday morning. The order had been misplaced. Matt had to set a new jobsite up in Rugby and stay in touch with Meyrick in Wick, who had to ring around to source a haulier for Tuesday morning and then put the job on ready to be loaded at 7am on the Tuesday after the holiday.

Adam Leverett, who nominated them both, commented: "There was a serious danger of the customer not receiving their delivery which would have had numerous implications for us, so the guys managing to pull out the stops to arrange the delivery really saved our bacon! It's good to see such good collaboration between offices and between people who have never met before!"

Welcome To Our New Driver Apprentices....



On the 15th May CEMEX saw its next group of 17 Logistics Driver Apprentices from various parts of the UK join the company.

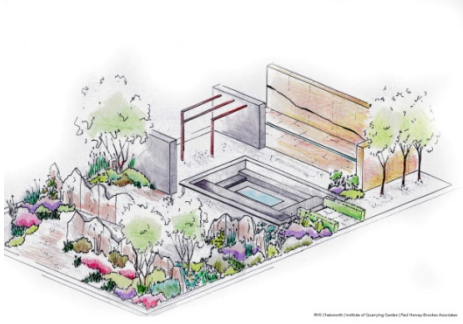
They all attended a company orientation day in Rugby. They gained a valuable insight in CEMEX UK operations, UK Strategy, the 12 month training programme and the importance above all of Health and Safety.



We are really excited to welcome you to your new career with CEMEX and look forward to meeting you all as you travel around the business. They are under the watchful eye of Carl Milton and their individual mentors around the business.

The new Apprentices for Cement are: Josh Sargent, Luke Low, Jamie Collins, Luke MacPherson, Luke Sideaway and Luke Blackburn. For Aggregates: Jack Gould, Liam Fletcher, Jordan Clifford, Cameron Woodhead, Darren Larkin, Konnor Pettingill, Callum Spencer-Masih, Chance Lewis, Brandon Handford, Emily Luff and Ryan Williams.

Tickets To Giveaway For RHS Chatsworth



With the Chelsea Flower Show in full bloom this week what better way to celebrate the return of the sun with a giveaway of six pairs of tickets for the RHS show at Chatsworth on Saturday 10th June. CEMEX has helped provide materials for a Quarry Garden at the show to celebrate 100 years of the Institute of Quarrying.

If you would like to go into the lucky draw to win a pair of tickets please send your name, mobile phone and email to:

gb-communicationsandpublicaffairs@cemex.com by next Friday 2nd June.

Please note you will have to make your own travel arrangements to the show, the prize only includes tickets for entry.

Thank You And Happy Retirement John



John Parkyn, Cement Logistics Controller Rugby Plant, recently retired after serving a massive 46 years in various roles for Rugby Cement/RMC and finally CEMEX.

Over the years John (pic right) has carried out numerous roles in Sales Transport and Logistics, including positions at Gloucester Depot, Chinnor works and Southam before

finally settling back in Rugby as Logistics Controller.



John will be spending more time with his beloved dogs and helping his various charities. He will be greatly missed by all his colleagues and, more importantly friends at Rugby. We have been lucky to benefit from John's talent flexibility and his relentless attitude to ensure we succeeded. Good luck John!

Paul Mckimm – 25 Years A Readymixer



On Thursday 25th May 2017 Paul Mckimm will reach his long service milestone of 25 years. It was with great pleasure that Paul Cheeseman and Paul's team leader, Steve Jefferies, were able to thank him for his hard work and commitment to the business and to us locally over the years.



As Plant Supervisor at CEMEX Blackburn, Paul has great knowledge of the local market, has good relationships with local customers and continues to demonstrate his understanding of his Plant's performance, sharing the frustration and benefits when volumes fluctuate in the marketplace.

Paul (on the right of the picture) being the shy retiring type, meant the mere fact we wanted his picture to celebrate and share his milestone turned it into a cat and mouse game, where we eventually succeeded, much to the amusement of Steve (on the left).

Thanks Paul and enjoy your reward.

Nominate A Colleague For Thanks For Your Effort



Has someone you work with done something over and above the call of duty at work?

It's really easy to nominate them for our monthly Thanks For Your Effort award. Any UK employee or team of employees can be nominated and will be in with a chance of winning store vouchers for the monthly winners.

You've got to be in it to win it!!

Anyone can nominate anyone. Simply fill in the form and email it to: GB-HRPlanning@cemex.com

We Called Colin, Not Bob!



A very warm welcome to our new Readymix Technical Manager for Cluster 24 - Colin Galvin, who is a very welcome addition to the Southern Technical team. Colin brings his experience at Lafarge Cement and Carillion to us, following a call made to him after he expressed an interest in our vacancy via social media.

Colin is busy being inducted into our business and is keen to get his feet under the desk and cover our Plants in Kent, Surrey, and Sussex. We all welcome Colin on board and wish him the very best in his new role.

Mersey Gateway Team Take A CVA+ Breather



The team at Mersey Gateway took a rare window of opportunity for all of them to get together and enjoy a meal for CVA+ achievement.

Stuart Minney, Jason Wagstaffe, Ian Hunt, Les Street, Anthony Jackson, Gary Wellsbury, Kyle Purnell and Lee Millington all enjoyed an evening meal at the Ten Lock Flight in Runcorn.

Now get back to work gents, only 10,000m3 left to go!!



Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
133-05-2017	Wharf Operative/Weighbridge	Aggregates Southern	Brighton Wharf	24/05/2017
134-05-2017	Process Operator Maintainer	National Technical	Washwood Heath	26/05/2017
135-05-2017	Plant Supervisor	Readymix Northern	Malton Plant	25/05/2017
137-05-2017	Plant Supervisor	Readymix Northern	Sheffield Plant	26/05/2017
139-05-2017	Quarry Operative	Aggregates Central	Holt Quarry	26/05/2017
140-05-2017	Cementitious Surfacing Operative x 5	Paving Solutions	Yorkshire	02/06/2017
141-05-2017	Cementitious Surfacing Foreman	Paving Solutions	Yorkshire	02/06/2017
142-05-2017	Relief Plant Supervisor	Readymix Southern	Kent/Surrey	31/05/2017
143-05-2017	Aggregates Planner x 2	Aggregates Northern	Rugby Office	05/06/2017
144-05-2017	Sales Representative	Readymix Northern	Merseyside	05/06/2017
145-05-2017	Multi Skilled Operative	Asphalt	Shap Quarry	31/05/2017
146-05-2017	Internal Sales Representative	Readymix	Rugby Office	06/06/2017
147-05-2017	Shipper/Planner	Readymix Southern	Fulham Office	29/05/2017

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.



Safety Essentials



Look after yourself and each other



Don't let anyone act unsafely, always stop unsafe practices.



Get a grip



Hold handrails on stairways and use three points of contact when getting into/out of vehicles.



Manual Handling



Use mechanical aids or ask for help to reduce risks.



Driving



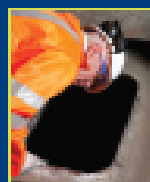
Drive safely, ensure you are authorised and that vehicles/mobile plant are well maintained.



Isolation Procedures



Never work on live or moving machinery – always 'lock out'.



Confined Spaces



Obtain a permit to work and always follow the safety requirements.



Housekeeping



Keep designated access routes and work areas tidy and free from trip/slip hazards.



Personal Protective Equipment



Always wear the correct PPE.



Tools and Equipment



Use the right, well maintained, tools/equipment for the job. Never make do.



Safe Systems



Follow safe systems of work, site rules, signage and traffic signals.



Working At Height



Use appropriate access equipment and fall protection.



Incident/Hazard alerts



Report all incidents/hazards immediately.

Image: iStockphoto.com



Physical Activity Guidelines

What should you do?

For a healthy heart
and mind

To keep your muscles,
bones and joints strong

To reduce your
chance of falls

**Be
Active**

**Sit
Less**

**Build
Strength**

**Improve
Balance**

Vigorous

Moderate



Run



Walk



TV



Gym



Dance



Sport



Cycle



Sofa



Yoga



Tai Chi



Stairs



Swim



Computer



Carry Bags



Core Stability Ball

Minutes Per Week

75

**Vigorous
Intensity**

or

150

**Moderate
Intensity**

(Breathing fast,
difficulty talking)

(Increased breathing
able to talk)



a combination of both

**Break up
sitting
time**



Days per week

Something is better than nothing.

Start small and build up gradually: just 10 minutes at a time provides benefit.

Make a start today: it's never too late!