



Welcome to UK News 23<sup>rd</sup> May 2018  
your weekly update from around CEMEX UK

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## CARING FOR FAMILIES

### Don't Chance It....



'Look out before you step out' is the message emblazoned in our newly liveried Cement tanker which is taking to the road this week.

Nothing is more important than safety; Dave Hart and Michel Andre (in photo) are pleased to see the message start to get out on the roads. We are using our tankers as a mobile large warning sign for pedestrians to take extra care when crossing the roads, especially around large vehicles. Even our own name and branding takes second place to safety.

This is just the start of a new campaign to spread the word amongst pedestrians to think about their own safety and don't chance it by crossing roads without thinking first - especially vulnerable pedestrians, such as the elderly, young people and people walking with children. This leads on from our cycle safety campaign which has been running for many years. It is hoped that our pedestrian campaign also makes an impact particularly in highly urban areas where pedestrian fatalities are more of a risk.

Look out for our new livery on a road near you.....



## Back To Zero Harm



Thankfully we returned to ZERO Harm performance in terms of employee and contractor injuries, with no Lost Time Injuries (LTIs) or Recordable Injuries (TRIs), however, we did have an incident where one of our tipper vehicles was involved in a collision with a cyclist as it turned into a side road. The impact caused the cyclist to fall off his bike and he suffered a broken collar bone. Outside of CEMEX, across the industry last week, we have heard reports of two cyclist fatalities and one pedestrian death arising from collisions with construction vehicles.

With the improving weather there is greater potential for people to be out on bicycles or walking. Now is a good time to remind all drivers to remember the Driving Essentials and, in particular, to stay alert to other more vulnerable road users.

## LTI Free Congratulations To....



CEMEX Marine, Welsh Piper  
Paving Solutions

14 years LTI free  
3 years TRI free

Well done and congratulations for keeping all your colleagues safe for so long. Keep it up!

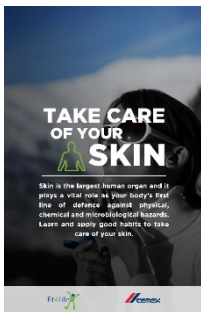
## Thank You Jill And Jeff



Last week there was a great team effort by the staff at Forest Hill Quarry responding to an incident involving a member of the public. Two elderly ladies were walking along the footpath in a neighbouring field when they were attacked by a horse. Unfortunately, one of the ladies had suffered severe injuries to her leg and once they were aware of the incident the ambulance was called and escorted to the vicinity of the incident.

Recovering the injured person required carrying her some distance over marshy ground. The AQM and a contract haulier driver assisted in carrying the injured person as the ambulance crew were unable to do it on alone. The rescue of the injured person took three hours overall. Thanks go to Jill Carter and Jeff Jones along with Nixon's driver, Stuart Bidereat.

## Take Care Of Your Skin



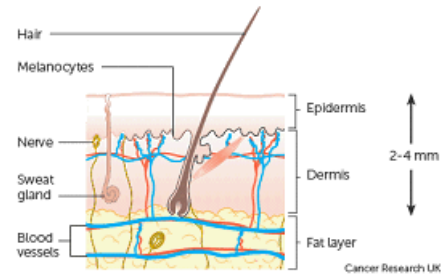
Did you know that less people die in Australia from skin cancer than in the UK? 90% of those deaths could be prevented. So, Week 3 of our Health Month is 'Take Care of Your Skin.'



The skin is the largest human organ and it plays a vital role as your body's first line of defense against physical, chemical and microbiological hazards.

It does several jobs for us, it:

- protects the inside of the body from damage
- helps to keep our body temperature more or less the same
- gets rid of some body waste products through sweat

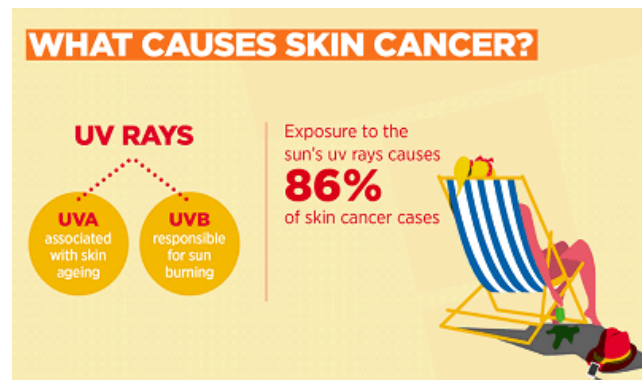


## SKIN PROBLEMS

There are 2 main problems with the skin which we can help eliminate or reduce the risk of:

- Skin Cancer
- Dermatitis

## SKIN CANCER



- Sun provides warmth, energy and vitamin D, but repeated exposure to ultraviolet radiation in sunlight can cause brown spots, sun burn, wrinkles and potentially, skin cancer.
- Avoid tanning and UV tanning booths. According to the Skin Cancer Foundation, one indoor tanning session increases melanoma (severe skin cancer) risk by 20 percent.
- Check your skin regularly. Pay attention to odd freckles, moles, and growths on your skin, and consult your doctor if you notice any changes for an early diagnosis of skin diseases and its treatment.
- Protect your children from the sun. Keep babies younger than 6 months old completely covered and in the shade.

There are some great awareness materials available, particularly materials produced by a campaign from IOSH and the British Association of Dermatologists.

## DERMATITIS

Dermatitis is the term used to describe skin inflammation. Contact Dermatitis (also known as eczema) occurs as a result of repeated contact with substances that can cause either irritation or specific sensitisation.

Irritants and sensitising agents can be chemical (detergents, soaps, medications, solvents), biological (bacteria, viruses, fungi), mechanical (friction, shearing, pressure) or physical (ultraviolet radiations, extremes temperature, dry atmosphere, moisture). Protect yourself at all times. Use your personal



protective equipment and ensure you wash your hands thoroughly – see the HSE Guide to Hand Washing.

Pay special attention to the skin on your hands. Proper glove selection is essential. Be aware that some people may be allergic to material uses in gloves, e.g. latex. Wearing gloves for long periods can make the skin hot and sweaty, leading to skin problems; using separate cotton inner gloves can help prevent this. Barrier creams may sometimes be used, where gloves can't practicably be used; they are designed to prevent and reduce the penetration or absorption of several hazardous substances into the skin. Ensure its correct use.

View all the materials via our Sharepoint

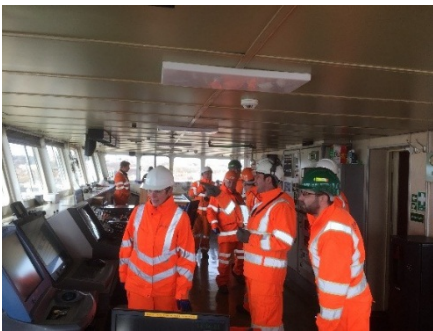
<https://cemex.sharepoint.com/sites/HealthandWellbeing/SitePages/Week-Three.aspx>

Or via our Yammer Group

[https://www.yammer.com/cemex.com/#/threads/inGroup?type=in\\_group&feedId=14513002&view=all](https://www.yammer.com/cemex.com/#/threads/inGroup?type=in_group&feedId=14513002&view=all)

AND finally, please display the CEMEX Health Essential Poster on Taking Care of Your Skin which can be found at the end of this document or in UK News in the download section.

### Building Products Health & Safety Forum “Take to the High Seas”



Thankfully, not literally as the boat was in dock unloading its cargo. Sharing best practice and knowledge is an essential part of our Health and Safety culture.

Last month the Building Product forum had the opportunity to visit a CEMEX dredger called the Sand Heron near Brighton. The team had a tour round the workings of the ship, from the engine room, dredging pumps to the welfare blocks and bridge. The Crew spent three weeks on the ship dredging sand and stone at specific locations on the south coast under license from the Crown. The cargo, normally 5 tonnes at a time, is essentially sucked up like a Hoover and then discharged at various points along the coast including our own Northfleet Factory. Tony Green commented: “It was encouraging to see the ship adopting the same high standards as on dry land under what can be very challenging circumstances.”



## CARING FOR CUSTOMERS

### Over 100 Customers On Go



After only 5 weeks since CEMEX Go went live in the UK, Tamsin Rodriguez was delighted to report that we have successfully ‘on boarded’ over 100 customers. This is ahead of our target and a huge credit to everyone in the team – including our digital support partners, the customer care team and the business sales teams.



Luis Miguel Cantu, CEMEX Global Digital Commercial model VP, congratulated everyone on the way we have picked up the speed of getting customers on to Go.

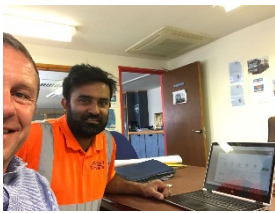
### Michel 'Gets On Board...'



Michel Andre, CEMEX UK Country President, went with Richard Cowley to see how CEMEX Go customer 'on-boarding' happens. They visited customer, Easy Mix and Tuckwell. The photo shows Richard Cowley and Brian from Easymix discussing what CEMEX Go can do.

Michel commented: "It's great to see new behaviours and conversations with customer being made possible by the introduction of CEMEX Go. My congratulations must go to everyone who has been involved in the UK deployment. Everyone's confidence is growing daily!"

### More Customers Love Go



Last week was an excellent 'Go' week all round. In Yorkshire there were a few great comments from customers one of which was: "It's great to see you guys taking the lead on this in the industry" from John at CRM. He's a big customer in the area and he can really see the benefits of the tool. They rely on speedy response times so

that they can, in turn, provide good customer service to their customers - and this is exactly what Go gives him. The photos show some of our happy Go customers from the last week – Bobby from Rock Solid Concrete and the office-based buyers for TJ Hunt.

### Go Thorpe Shipping Office!



Well done to the Shipping team at the Thorpe Office who have started to get orders through from CEMEX Go!

Let's hope it keeps them even more busy...

### Mapei Top Go Customer



Richard Cowley passed on the thanks of the deployment team to Danielle Walker, Procurement Manager for Mapei UK.

Danielle's team have been recognised for their support and high adoption level in Go. Every order they have had has been placed via Go since the launch.



## Area 16 Is Go, Go, Go...



There was a great start for Area 16 this week on Go. They registered North Midland Construction, Stanford and Winvic Construction. Winvic placed an order for Wednesday and the feedback was that it was really easy to use. The photos are from the team, including Steve Large, Simon Nicholls, and Charlotte Sansom.

## Aggs Raring To Go



Aggregate customers are already asking when they can get on to Go. One customer, Midland Floor Screeding, saw it on social media and wants to use it ASAP!

It won't be long until Aggregate customers can also use Go - they are in the pipeline to start the roll out by the end of August.

## Northfleet Up And Running With Supaflo



Last week's Supaflo deliveries from Northfleet were successful and they are officially up and running.

Many thanks to Scott Beadle, Andrew Nevitt, Derek Sheehan, Steven Brooks and our IHC, Shaun West, for their efforts.

Adam Leverett commented: "We delivered 3m<sup>3</sup> Supaflo and 1m<sup>3</sup> Supaflo Timbre to two different private housing sites for our customer, Gaga06 Ltd, and the customer was happy with the product and service. Next on the Supaflo list is Portsmouth Plant..."



## CARING FOR SHAREHOLDERS

### Wickwar's Shiny New Kit!



The team at Wickwar were pleased to set their new Komatsu WA600 to work at the Quarry.



### The Op Ex Word Is Spreading.....



Mike Andrews held two days of Operational Excellence training last week with Phil Repton, Ben Capewell, Frank Kehoe, Paul Cooper, Tony Graham, Mark Heaney, David Bold and Mark Beagrie.

The training culminated in 5S progression at Salford Asphalt Plant and lots of hunger for the elimination of waste and seven new advocates of Lean management!

### Water'n Idea



During a recent Waste Walk discussion at South Ferriby with Production Operator Maintainer, Russ Baker, Russ highlighted an opportunity regarding water usage and the fact he had recently noticed an overflowing of the main process water tank into the Plant overflow lagoon.

As the discussion progressed, it became apparent that a considerable amount of water was unnecessarily being extracted from the local river; far more than was needed by the Cement making process. As a result, it had become necessary to triple handle the water to remove it from the overflow lagoon. Not only were several of the eight CI wastes now present in the new current state of the operation, which had started a few days earlier after a pump was changed, but there were environmental impacts too.



Following standard CI methodologies, a solution was proposed for a cost-free software modification to prevent the overflow; which led to the lagoon level being lowered by 1ft in 24 hours. A rough calculation based on the size of the lagoon suggested we were over processing and unnecessarily transporting around 100,000 litres of water a day. Thanks to Russ' prompt action and rapid collaboration from the electrical department; the South Ferriby team was able to address the issue before further waste could occur.

## CARING FOR COMMUNITIES

### Denge Lend-A-Hand



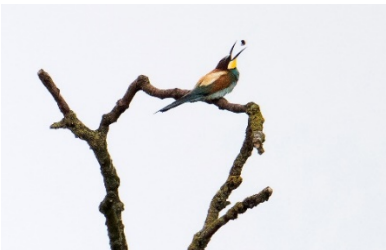
The South East Aggregates Denge Quarry team completed a lend-a-hand day at the RLNI station at Dungeness.

The five members of staff from the South East Area painted the crew room for the RNLI. After the painting was completed they all had a tour of the life boat.



Stuart Adams, the Coxswain of the RNLI Dungeness, said how pleased he was that the crew room had had a freshen up and big thank to CEMEX.

### Natwest's Interest In Nature



Liz Young from the Communications team contributed to an article on Natwest Live last week. The article is titled 'Why quarries are unlikely havens for wildlife' and features our Bea-eaters from East Leake Quarry last year.

Follow this link if you'd like to read the article:

<http://natwest.contentlive.co.uk/content/c3071973-8226-9302-8c6b-84b62a6e7bca>

### TV Celebrity Visit To Datchet Quarry



Datchet Quarry recently hosted a visit from well-known TV personality and archaeologist enthusiast, Tony Robinson. He came to view the ongoing archaeological investigations required as part of our planning consent.

He can be seen in the photograph discussing recent finds with our contractor, Wessex Archaeology.





## CARING FOR EMPLOYEES

### Who Doesn't Love A Wedding?



In honour of the royal wedding last weekend and as a bit of fun, Lynsey Smith and the Sales team at Rugby held a wedding tea last Friday.

Lynsey commented: "As we know, keeping office morale up helps keep the office atmosphere healthy and absences are reduced when employees are happy at work. A smile a day keeps that blues away. Though not sure if that buffet in the photo can be classed as healthy... but it was for a special occasion."

Well done and thank you Lynsey. Great job.

### Jim Hits The Big One... 40!



Congratulations and a big **Thank You** to Jim Reeves for reaching the milestone of 40 years service.

Jim (pictured left complete with RMC tie, and right sandwiched between Adam Leverett and Brian McCarthy) is a Readymixer through and through, having worked in shipping and commercial roles in several of our concrete businesses over his 40 years with us.

Adam commented: "Jim's experience and knowledge of the market is invaluable and we continue to rely on Jim to help train our new starters with their sales techniques. Sorry Jim we couldn't let this milestone pass without saying a public thank you to you for all your contributions over the last 40 years."

### Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
191-05-2018	Assistant Quarry Manager	Aggregates South East & Southern	Langley Quarry	01/06/2018
192-05-2018	Screed and Mortar Sales Executive	Readymix Southern	Wick	31/05/2018
193-05-2018	Communications Coordinator	Communications and Public Affairs	Rugby Office and Travel	31/05/2018
194-05-2018	Weighbridge Operative	Asphalt	Stourton Depot and Asphalt Plant	31/05/2018
195-05-2018	Weighbridge Operative	Aggregates Northern	Dove Holes Quarry	31/05/2018



196-05-2018	National Sales Manager – Bulk Products	Commercial Cement	Rugby UK Travel	31/05/2018
197-05-2018	Fitter	Building Products	Buxton Plant	25/05/2018
198-05-2018	Mechanical Technician x 2	Cement	Rugby Plant	01/06/2018
199-05-2018	Quarry Operative	Aggregates Northern	Hyndford Quarry	04/06/2018
200-05-2018	Nightshift Team Leader	Concrete Products	Northfleet	04/06/2018
201-05-2018	Multi Skilled Operative	Asphalt	Trafford Park Coating Plant	01/06/2018
202-05-2018	Multi Skilled Quarry Operative – Permanent Nights	Aggregates Northern	Dove Holes Quarry	05/06/2018

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](mailto: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.



British Association of Dermatologists

# A GUIDE TO CHECKING YOUR SKIN

Most skin cancers can be cured if detected early. The best way to detect skin cancer is to check your skin regularly, about once a month. You should examine the skin all over your body, from top to toe.

Look out for moles or patches of skin that are growing, changing shape, developing new colours, inflamed, bleeding, crusting, red around the edges, particularly itchy, or behaving unusually.

1

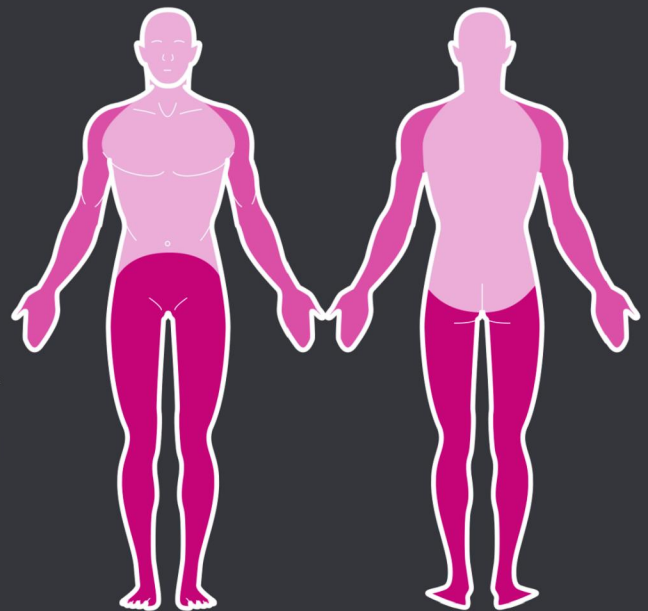
Look in a mirror and carry out a full upper body examination, checking your face, neck and chest right down to your hips. Ask a friend or family member to check your scalp, ears, back and all of the areas you can't easily see yourself.

2

Check your arms and elbows, including underarms and both sides of your hands.

3

Examine all of your lower body, checking your legs front and back, your feet, soles and even between your toes.



## IF IN DOUBT, CHECK IT OUT!

You should tell your doctor about any changes to a mole or patch of skin. If your doctor thinks you have a skin cancer or is not sure, they can refer you for free through the NHS to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.

  
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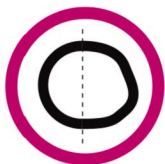
British Association of Dermatologists

# THE ABCDEASY WAY TO CHECK MOLES

There are two main kinds of skin cancer: melanoma and non-melanoma skin and each looks different. This leaflet deals specifically with melanoma, the less common but more deadly type of skin cancer.

Melanomas can develop from existing moles, but they can also appear as new 'mole-like' marks on normal skin.

This guide tells you a few of the signs that might indicate a melanoma. You should tell your doctor about any changes to your moles or skin, even if they are not the same as those described here.



## ASYMMETRY

The two halves of the mole may differ in their shape and not match.



## BORDER

The outside edges of the mole or area may be blurred, and sometimes show notches or look 'ragged'.



## COLOUR

This may be uneven and patchy. Notice new colours appearing. Different shades of black, brown, pink and even purple may be seen.



## DIAMETER

Melanomas will progressively change. If you see any mole, or 'mole-like' mark getting bigger over a period of weeks to months, tell your doctor.



## EXPERT

Look out for change, and if in doubt, get it checked out by your doctor. If your doctor thinks you have a melanoma or is not sure, they can refer you for free through the NHS to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.

**IS YOUR MOLE CHANGING? IF IN DOUBT, CHECK IT OUT!**

  
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# TAKE CARE OF YOUR SKIN

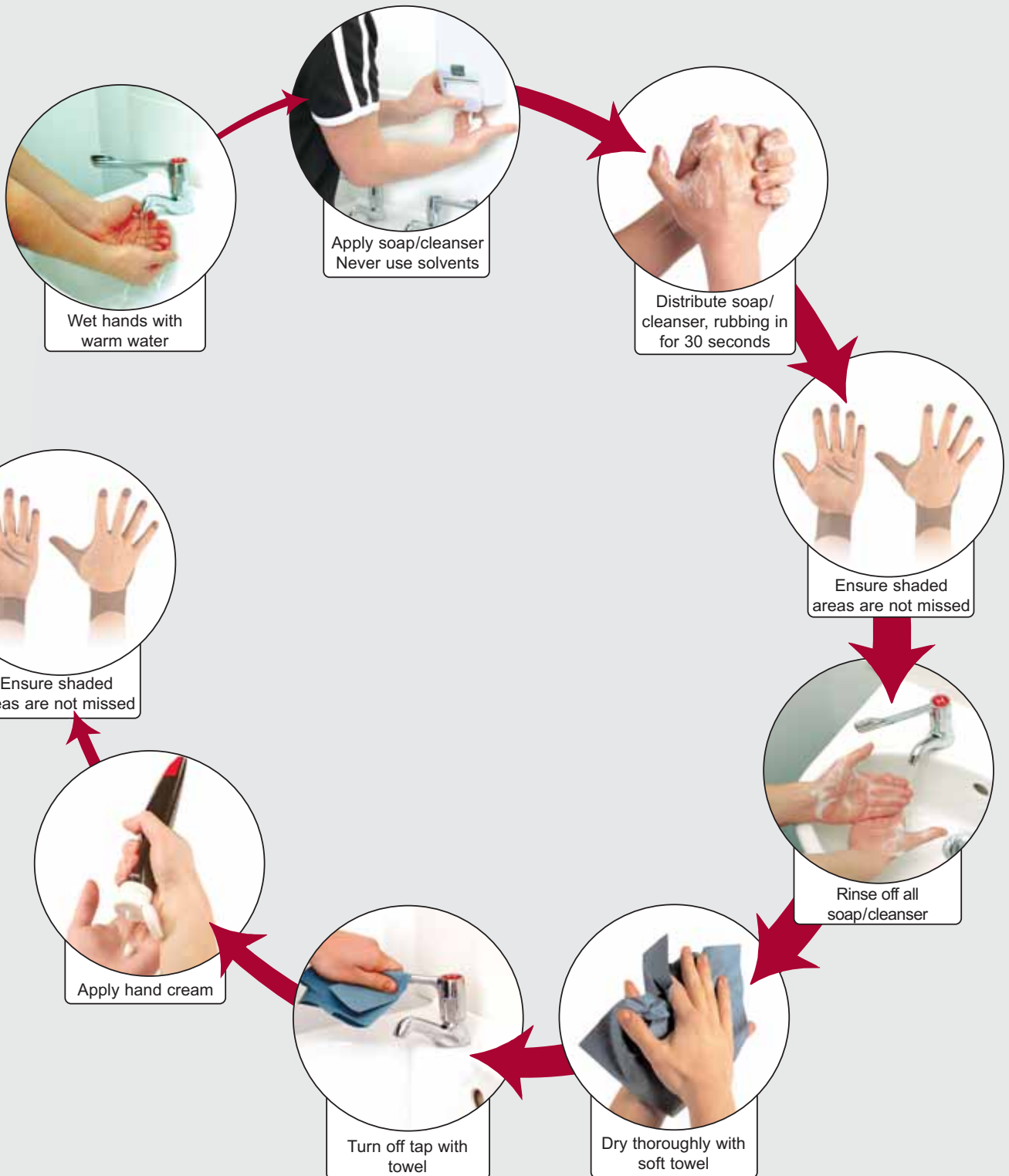
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**Skin is the largest human organ and it plays a vital role as your body's first line of defence against physical, chemical and microbiological hazards. Learn and apply good habits to take care of your skin.**

# Skin care

## Hand washing and applying hand cream

Follow the steps shown



British Association of Dermatologists

# SAVE OUR SKIN



## SLIP ON A SHIRT

Protect your skin with clothing, and don't forget to wear a hat that protects your face, neck and ears and a pair of UV protective sunglasses.



## SEEK OUT SHADE

Step out of the sun before your skin has a chance to redden or burn. Keep babies and very young children out of direct sunlight. When the weather is warmer, spend time in the shade between 11am and 3pm when the sun is at its brightest.



## SLAP ON SUNSCREEN

When choosing a sunscreen, look for:

- High protection SPF (minimum SPF 30) to protect against UVB rays from the sun, which cause sunburn.
- The UVA circle logo and/or 4 or 5 UVA stars, to protect against UVA rays, which cause skin ageing and sun damage.

Apply plenty 15 to 30 minutes before going out in the sun, and reapply every two hours and straight after swimming and towel-drying.



## DON'T GET CAUGHT OUT, NEVER LET YOUR SKIN BURN!

Not everyone's skin offers the same level of protection in the sun. If you are pale skinned and burn easily you are at greater risk and need to take extra steps to protect your skin from sunburn and sun damage.

  
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# ARE YOU AT RISK?

Some people are more at risk of developing skin cancer than others. This is why we recommend that you get to know the most common risk factors.

RISK FACTOR	<b>MELANOMA</b> a less common but very serious type of skin cancer which can be fatal if not treated early	<b>NON-MELANOMA</b> very common type of skin cancer, which is usually less serious but still needs to be treated promptly
<b>SKIN COLOUR/TYPE</b> People with pale skin who are prone to burning. They often have light or red coloured hair and freckles. It is extremely rare for black people to get skin cancer in the UK.	✓	✓
<b>SUNBURN</b> Those who have suffered past cases of severe sunburn especially with blisters (particularly in childhood).	✓	Especially for Basal Cell Carcinoma (BCC) ✓
<b>NUMBER OF MOLES</b> People with many (more than 50) ordinary moles.	✓	✗
<b>UNUSUAL MOLES</b> People who have many unusual (atypical) moles. They tend to be larger than ordinary moles, to be present in large numbers, and to have irregular shapes or colour patterns.	✓	✗
<b>FAMILY HISTORY</b> Those with a close family member who has had a melanoma.	✓	✗
<b>PREVIOUS SKIN CANCER</b> People who have already had a skin cancer.	✓	✓
<b>IMMUNE SYSTEM</b> People with a suppressed immune system (E.g. those taking medication after an organ transplant, or by treatment for leukaemia or a lymphoma).	✓	✓
<b>OCCUPATION &amp; LIFESTYLE</b> People who have had a lot of overall exposure to the sun (even without burning) throughout their lives, such as people with outdoor hobbies or outdoor workers.	✗	Especially for Squamous Cell Carcinoma (SCC) ✓
<b>SUNBED USE</b> Those who use or have used sunbeds.	✓	✓
<b>SUNBATHING</b> People who regularly sunbathe or have done in the past.	✓	✓
<b>AGE</b> Skin cancer is uncommon in children, and your risk of developing all types of skin cancer increases with age. However, you can still get skin cancer when you are relatively young.	✓	✓

## IF IN DOUBT, CHECK IT OUT!

You should tell your doctor about any changes to a mole or patch of skin. If your doctor is worried about something on your skin they can refer you for free through the NHS to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.



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British Association of Dermatologists

# KNOW THE FACTS ABOUT COMMON SKIN CANCERS



## WHERE should I look?

Non-melanoma skin cancers can occur on any part of the body, but are most common on areas of skin that are most often exposed to the sun such as your head and neck (including lips and ears) and the backs of your hands. They can also appear where the skin has been damaged by X-rays, and on old scars, ulcers, burns and persistent wounds.

## WHAT should I look for?

Non-melanoma skin cancers vary greatly in what they look like. They tend to appear gradually on the skin, and slowly get bigger over time. They will not go away on their own without treatment.

## WHAT should I do if I find something?

If you notice any of the warning signs listed on this leaflet, or if you are worried about any other changes taking place on your skin, even if they are not the same as those described here, you should tell your doctor as soon as possible.

If your doctor thinks you have a skin cancer or is not sure, they can refer you for free through the NHS to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.

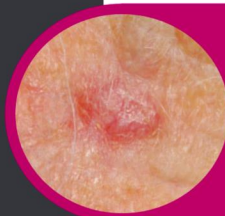
Some of the possible signs to look out for include:



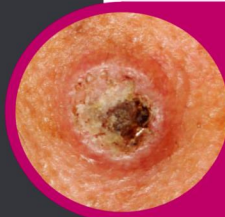
A scab or sore that won't heal. It may also bleed occasionally



A scaly or crusty patch of skin that looks red or inflamed



A flesh coloured, pearly lump that won't go away and appears to be growing in size



A lump on the skin which is getting bigger and that may be scabby









A growth with a pearly rim surrounding a central crater, a bit like an upturned volcano

  
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# SKINDEX

<b>HIGH RISK</b> ↑ ↓ <b>LOW RISK</b>	 <b>TYPE 01</b>	Pale skin, burns very easily and rarely tans. Generally have light coloured or red hair and freckles.
	 <b>TYPE 02</b>	Fair skin that usually burns, but may gradually tan. Some may have dark hair but still have fair skin.
	 <b>TYPE 03</b>	Skin that burns with long or intense exposure to the sun but generally tans quite easily.
	 <b>TYPE 04</b>	Olive-coloured skin that tans easily, but could possibly burn with lengthy exposures to intense sunshine. Usually have brown eyes and dark hair.
	 <b>TYPE 05</b>	Naturally brown skin, with brown eyes and dark hair. Skin darkens easily with sun exposure and only burns with excessive exposure to the sun.
	 <b>TYPE 06</b>	Black skin with dark brown eyes and black hair. Skin very easily darkens on exposure to sun and would very rarely, if ever, burn.

The images shown here are for illustration purposes and are not intended to be exact representations of the different skin types described.

Not everyone's skin offers the same level of protection in the sun. That's why you need to know your 'skin type'. It can help give you an idea of how much care you need to take in the sun. Your skin type cannot be changed and does not vary according to how tanned you are – it is determined by your genes.



**NEVER LET YOUR SKIN BURN, WHATEVER YOUR SKIN TYPE!**

  
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