



Welcome to UK News 25<sup>th</sup> Oct 2018  
your weekly update from around CEMEX UK

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## BEING THE BEST FOR FAMILIES

### Cyclist Fatality



Regretfully a truck mixer working for us in the UK was involved in a fatal road traffic collision on Friday morning in which a third party cyclist tragically died.

At this stage, the exact circumstances of the incident are unclear and an investigation team has been assembled to confirm the causation.

Our thoughts and prayers are with the family and friends of the deceased, and also with the Driver and the local team at what is a very difficult time.

### Clear Your Dashboard



We are launching an awareness campaign for truck drivers on the potential risks of having objects on the cab dashboard and in the windscreen area - which create added blind spots which can easily obscure a pedestrian or cyclist from view.



This is part of a European-wide CEMEX road safety campaign to highlight this issue and reduce road related risk for vulnerable road users – see example photos. We are sure we will see similar objects in the UK.

Some of you may recall a CEMEX UK fatality in April 2012 whereby a cyclist was crushed under a CEMEX truck and one of the contributing factors was a hard hat on the dashboard which momentarily obscured her from the drivers view.



The purpose of the campaign is for us to have a look at HGV trucks visiting our sites to check for objects obscuring the windscreen, and have a thought-provoking conversation with HGV truck drivers on the importance of having a clear dashboard and unobstructed windscreen. Please discuss the added risks of creating these additional blind spots.

To support the campaign, we have produced posters for you to display and some air freshener “giveaways” which have been posted out to key groups and sites.

If you hand over one of the air freshener giveaways please ask for it to be put in a safe place and not in the windscreen area, there are plenty of suitable places.

Many thanks for your support. Every risk we reduce is a potential life or serious injury saved.

### Somercotes.... An impressive 14 Years LTI Free



Huge congratulations to the team at Somercotes who look suitably happy for reaching an impressive 14 years LTI free. Terence Clair, Operations Manager, says: “I think you’ll agree this is an amazing achievement when you consider the high fluctuation in volume due to customer demands, the ongoing employment of agency staff, the number of staff on site, having a 24 hour operation, a high level of process and product change in line with new moulds, and a factory foot print change.

The team at Somercotes have done an amazing job and the factory is still continuing its push to be safer, every day demonstrating that our vision of ZERO harm is ever more achievable. I often say that I am proud of what the team do each day at Somercotes but being witness to how they make our working environment safer we are finally able to see attitudes change towards Health & Safety at work, home and in everyday life.”

Terence continues: “We must ensure we never relax and become complacent. Records are great but they will never replace the importance of every day passing without injury.”



## Get Ready For Winter



With the clocks going back this weekend it's time to get ready for winter.

Remember, we are all more at risk

of slips, trips and falls at this time of year as the conditions get dark, wet and slippery.

Please use the Winter Checklist (attached to this document or in the download section of UK News) to make sure you, your vehicle and your site are prepared. It covers: provision for ice and frost, personal protection, workplace, physical considerations.

### Practical Advice to Prepare for Winter

**What Sites Should Do:**

- **Undertake Winter Checklist**...check grit-salt, de-icer, lighting, arrangements to heat food / drinks, PPE stocks including hi-vis, warm clothing and footwear.
- **Get Organised**...frost protection, arrangements for clearing / gritting areas.
- **Raise Awareness**...display the winter poster and remind people of the hazards & precautions.

**What Drivers Should Do:**

- **Prepare your Vehicle**... check anti-freeze, windscreen & windows, de-icer, mirrors, tyres, fluids, lights, brakes.
- **Carry an Emergency Kit**... torch, hi-vis / warm clothing, first aid kit, shovel, phone, emergency contact numbers, food and warm drink.
- **Plan the Route**... check for delays and weather conditions, in poor weather postpone the journey.
- **Adjust Driving to Suit Conditions**... slow down, keep well back, ensure you can stop safely.

**What We Can All Do:**

- **Wear Suitable Clothing**... warm / hi-vis clothing, appropriate footwear incorporating additional 'grippers' where appropriate.
- **Use Dedicated Walkways & 'Get a Grip'**... use three points of contact on ladders & stairways.
- **Take Extra Care**... don't take unnecessary risks.

## It's All About You....



Safety Savvy workshops continue with last week seeing sessions in Lincolnshire, Preston Brook, East Anglia and Rochester amongst others! Well done to everyone who attended.

The discussions are proving honest and highly constructive particularly on Say Something and Mental Health.

## A Reason To Minimise Dust



In case you were in any doubt about what lung disease can do try the straw test... Area 20 last week completed the 'straw test' (see photo) to simulate what it's like to breathe with severe lung damage. They had a good discussion on how we control dust at our Plants.

Well done to volunteers: Ross Cottrell, Andrew Hoskins and Peter Hawker.

## CEMEXpeditioners Hike Again



Our intrepid Scottish CEMEXpeditioners set out last Saturday to climb Beinn Ghlas (1,103 metres) and Ben Lawers (1,214 metres).

Joseph Cage tells all: "The day started off as a steady climb but soon changed, as well as the weather! Sadly, the views became unclear at the summit of both mountains but cleared up on our descent. The staff enjoyed lunch together later that day."





See those who were brave enough to take on the challenge in the photo: (from left to right) Greg Burnlees, Andrew Crombie, Joseph Cage, Kevin Cage, Billy Stokes and Kevin Hill.

## BEING THE BEST FOR CUSTOMERS

### ONE CEMEX Learning Together



It was great to welcome Juana Serna, Customer Experience Director from Mexico, for a full week of sharing insights and experience with the UK and Europe Customer Centricity teams.

There were sessions with Europe leaders Marcelo Catala, Alberto Saijevo and Marcin Kassanjuik, followed by detailed sessions with many of the UK team who are driving CEMEX Go and Customer Centricity initiatives within our business.

### Area 14 Embraces Go



Matt Yaxley's Area 14 Readymix team went live on CEMEX Go last week. They had successful onboarding meetings including Draper and Nichols Ltd and Anglia Farmers. Darren at Anglia Farmers buys multi products from us. He needs instant prices and the same with ordering. Darren found single order tracking very useful for his customers.

Mark Wilkinson had positive meetings with Colchester Construction and S&M Contractors and said: "S&M will be using the system all the time - a big thanks to Amanda for accompanying me today."

### Look On Yammer For Go Hints



There are many helpful hints on Yammer from our colleagues in other countries like this video from Colombia talking about CX Go Adoption experiences – take a look!

<https://web.microsoftstream.com/video/1d82f88e-bc30-4128-9c59-cf427a678bf>

Remember, our Digital Support Team are also on hand to help on: 0835 155 1825.

### Global Digital Leader Visits Customers In London And Norfolk



We were delighted to welcome Luis Miguel Cantu, CEMEX Global Digital Commercial Model Leader, to London and Norfolk. He accompanied Jeff Fielding and Steve Barakeh in London then onto FloorFlow and Ovamill as part of the area Go Live in Norfolk with Matthew Yaxley.



Thanks to all for helpfully hosting Luis Miguel during his visit. The photo was taken at customer, FloorFlow, during a CEMEX Go team visit.

## Concrete House On Grand Designs.....

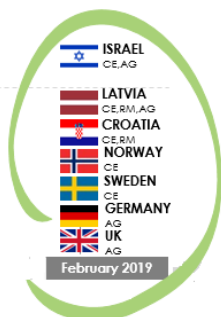


Congratulations to our determined team including Mathew Tranter, Richard Kershaw, Steve Thorpe, James Fairclough and the Operations team at Crawley Readymix Plant, Richard Endacott and his team and Colin Galvin who helped provide brilliant and innovative concrete solutions for the CONCRETE HOUSE featured 24<sup>th</sup> October on GRAND DESIGNS @ 9.00am on Channel 4. The project was started more than two years ago, with product design advice from our Central Research Group in Biel, Switzerland. Our client chose CEMEX innovative **RESILIA** fibre-reinforced self-compacting

concrete, **INSULARIS** thermal insulating concrete and **EVOLUTION** self-compacting concrete for the various construction elements.

For more information on the project and some stunning pictures see <https://www.cemex.co.uk/concrete-house>

## New Date For CEMEX Go UK Aggregates



Our Aggregates business will now come on stream with CEMEX Go in February 2019 as part of a coordinated change with other CEMEX countries. It is as a result of improvements we are introducing to enhance the Customer Experience with our current Platform/Applications and helps use our IT resources most effectively over coming months.

Lex Russell comments: "This is only a slight postponement and moves us into a period in the New Year when we can focus on rapid deployment to On Board Customers with the end of year distractions behind us. We'll be communicating the exact date as soon as it is confirmed."

## BEING THE BEST FOR SHAREHOLDERS

### TRIAD Season Starts 1<sup>st</sup> November



The 2018/19 TRIAD season commences 1<sup>st</sup> November running through until the end of February 2019. Effective Monday to Friday, this will relate to all half hourly metered electricity.

All appropriate Site and Operational Managers will receive an email and text message from Engie identifying any risk of a TRIAD on that day. If there is any likelihood of a TRIAD, **all unnecessary electrical load should be switched off prior to**

**the notified times and remain off until the end of the TRIAD warning period.**



The contact list for the TRIAD alerts has been circulated.

Engie will be sending a test text and email out during the next couple of weeks. Please ignore this message, the alert service will begin on 1<sup>st</sup> November.

If you have any questions then please let Mike Greer, Energy Manager, know:  
michael.greer@cemex.com

## CEMEX Provides Agile Solution For German Automotive Company's R&D Centre



CEMEX announced that it participated in the expansion of BMW Group's Research and Innovation Centre in Germany.

Located in northern Munich, the new building offers an innovative working environment where approximately 5,000 BMW Group employees will develop hardware and software for the company's future vehicles.

CEMEX participated in the first phase of the expansion project, supplying over 105,000 cubic metres of concrete through an agile solution: a mobile on-site mixing plant. The large building project, with a gross floor area of more than 150,000-square-metre, required the delivery of large quantities of concrete in a relatively short period, for which CEMEX utilised a special twin-shaft compulsory mixer that enabled the company to produce an uninterrupted supply of approximately 90 cubic metres of concrete per hour.

Read the complete press release: <https://cmx.to/2PGrs4G>

## BEING THE BEST FOR COMMUNITIES

### Think Pink Breast Cancer Awareness Day



On Friday 19<sup>th</sup> October 2018 the whole of CEMEX House, Rugby, went Pink to raise money in support of Breast Cancer research (for more information: [www.wearitpink.org](http://www.wearitpink.org)). Wear it Pink is a charity that is close to our hearts having lost our lovely Steph a few years ago.



Across the day the CEMEX Pink Committee (Jenna Swain, Ellen Boylin, Harriett Turner, Sophie Haynes and Charlotte Thompson) held a number of activities which included a raffle, tombola, cake sale and grab a duck. The Committee were also supported at the event by a number of local stalls including The Book People, Wendy's Crafts, Neals Yard, Henley's Chocolates and Rockware & Co. Breast Friends, Northampton, also provided information about breast care and awareness.







Local MP, Mark Pawsey, joined the festivities and judged the 'Great CEMEX Pinkish Bake-off'. Congratulations to Louise Trodden who was voted the CEMEX Star Baker.

The day raised a fantastic £1,456.62 (with donations still rolling in!).

A HUGE thank you to everyone who joined us on the 8<sup>th</sup> Floor, wore pink, bought raffle tickets,

baked and donated.

It was good to see CEMEX colleagues in Nicaragua and Central region also supporting Breast Cancer Awareness....



## 100% Renewable Energy For CEMEX UK



From September this year all electricity supplied to CEMEX UK from ENGIE will be 100% renewable. This currently represents 97% of our entire electricity requirement and will become 100% from April 2019 when 150 of our smaller sites move to a new supply agreement.

All supplies are backed with 'Renewable Energy Guarantees of Origin' certificates and ENGIE has also issued each site with its own Renewable Energy Certificate which we will distribute around the business in the coming days. Martin Hills, Head of Energy and Carbon, commented: "We are incredibly pleased and proud, as a company which uses a lot of electricity, to be able to say we will soon be using 100% of our energy from renewable sources. It's great news for our business and more importantly for the environment."

## NW Lend A Sporting Hand



Well done to the NW Management team for spending their lend-a-hand day at Prestwich Community Sports Centre.

Team duties included making good the entrance to allow disabled access to the bowling green, and gardening duties to help clear the site boundary. Well done to Jonathan Lafferty, Christopher Rudd, Charles Wilcock, Paul Cheeseman, Damian Jenkins, Damon Montgomery, Steven Jefferies and John Essery.

## BEING THE BEST FOR EMPLOYEES

### Keith Lacey Driver Of The Year Award





Congratulations to Luke Siddaway and Martin Allcroft who won this year's Driver Of The Year Award. The Award is in memory of Keith Lacey who was one of our drivers instrumental in improving the driving efficiency and safety of our fleet.

The inaugural competition took place last year and this year there was also a competition amongst our Aggs and Cement Drivers related to driving style. The events included driving skills, legal

knowledge and fun activities.

This year 15 drivers successfully reached the finals and represented areas from across the UK. All the successful drivers had committed to safe and economic driving during the year.

Last week's Finals Day hosted by Mercedes Benz and sponsored by our telematics provider, Verilocation, tested our best with Luke from Cement and Martin from Aggregates receiving the trophies.

Many thanks to everyone who took part and who organised the day. It is a great way to celebrate the best of our Drivers who do such a great job for CEMEX every day.

## CCTV Site Signs



Good to see the new GDPR compliant CCTV signs are beginning to appear across our sites (the picture shows one of several on public display at Middlegate Lane Quarry, South Ferriby).

In addition to the preventative effect, we have GDPR obligations to display such signs to staff and public where CCTV is deployed on our sites. Please ensure your site is compliant; the template is at the end of this document, in the download section of UK News or on Yammer:

[https://www.yammer.com/cemex.com/#!/threads/inGroup?type=in\\_group&feedId=14040993](https://www.yammer.com/cemex.com/#!/threads/inGroup?type=in_group&feedId=14040993)

For further advice please contact the UK Security Team.

## Office Security



Over the next weeks and months colleagues across the European Business Unit will notice a variety of poster campaigns and connected messages aimed at increasing our office security and staff awareness of related issues.

In the UK walk-in opportunist theft remains a prevalent crime and one which we can all play our part in preventing offences on CEMEX property.





Simple preventative measures for office-based staff include:

- Always wear your ID badge whilst on CEMEX property.
- Do not allow people you do not recognise to tailgate through security-controlled doors.
- Politely challenge people you do not recognise who are not wearing a staff ID or CEMEX Visitors Pass.
- If you are challenged for your ID, please thank your colleague for stepping in and thinking of our collective security.
- Upon leaving the building, remove your ID and do not wear it in public.
- CEMEX visitors should be appropriately inducted, signed in and accompanied throughout their visit to CEMEX offices. Please do not leave visitors unaccompanied with potential access to sensitive records and documentation.
- Keep your desk as free as possible of confidential or sensitive documentation. If possible, lock printed material away and when no longer required use the secure shredding bins provided.
- Do not leave your computer unlocked whilst unattended. Keep passwords safe and comply with the CEMEX Information Security Policy.
- After meetings, scan the room and ensure no confidential notes or agenda records are left behind.
- Do not leave confidential material on the printer. *(In a recent exercise at Rugby HQ printed material of various quantities were left unattended at the printers on all but two of the floors).* Please collect your printing promptly.

## Terrorism Update



The UK Terrorist Threat Level has been continually assessed as SEVERE since March 2009; this means a terrorist attack is highly likely. The UK's Senior Counter Terrorism Police leader has publicly stated he anticipates this threat assessment to remain at SEVERE for as long as five more years. MI5 and UK Police recently publicised figures suggesting 17 UK based terror plots have been foiled since the Westminster attack in March 2017, 650 active targets were under investigation and a total of 20,000 terror related subjects of concern were known in the UK.

There is no assessment of a direct terrorist threat to CEMEX or our employees. Like all UK citizens however, there can be no room for complacency and colleagues are encouraged to remain vigilant and report anything suspicious.

The means of terrorist attacks continues to remain varied from the sophisticated to the relatively simple to plan and carry out. Vehicles remain a popular means through which terrorists deliver a terror attack. CEMEX vehicles in the wrong hands could be utilised

as such and drivers are directed to continue to exercise caution in relation to their cab security.

In parallel to the potential misuse of vehicles, firearms remain a significant means of delivery for would be terrorists. The UK Government 'Run, Hide and Tell' campaign remains the preferred advice to all citizens. Sadly, exposure to a firearms attack could happen to anyone at any time, particularly in



crowded places and public events. Staff are encouraged to take time to watch HMG's video briefing and consider the advice accordingly. (<https://www.gov.uk/government/publications/stay-safe-film>)

Recently, authorities have released First Aid advice specific to the treatment of victims of a terror attack. There are significant deviations to the usual means of treatment, linked directly to the nature of the attack. First Aiders in particular, are encouraged to take time to view the briefing document at the end of this document or in the download section of the UK News website. If you are interested in doing a first aid course outside of work, search [www.sja.org.uk](http://www.sja.org.uk) for St John's Ambulance courses and units near your home.

*Staff are reminded there is no determination of a direct threat to CEMEX or its employees. Vigilance and awareness however, remains a matter of best practice for us all.*

## Changes In Hotel And Conference Bookings



CEMEX UK has made a new arrangement for hotel rooms and conference bookings.

As of today, CEMEX UK employees will be able to send their requests to Infotel Solutions Ltd, a company specialising in travel bookings, who will make the arrangements on our behalf and assist throughout the process.

(booking page: <https://www.findmeahotelroom.com/corporatelogon/celex> or through telephone - see the attached user guide).\*

### Booking process in a nutshell:

- All employees have access to hotel bookings; nominated employees also have access to book conference venues.
- There is no fee for booking or amending a booking.\*\*
- Each booking request is done via a bespoke portal, however where needed, telephone is also accepted.
- Once a request is logged, an automatic notification is texted to the requestor and emailed to the Line Manager, who can either take no action (if happy with the request) or reply with comments.
- Bookings can be requested for both national and international locations.
- Once secured, bookings are confirmed in writing to the requestor. Infotel will liaise with the requestor and the hotel as needed throughout the whole process (including double checking the booking details with the hotel prior to guest arrival).
- Infotel sends a consolidated invoice to CEMEX UK directly on a monthly basis. Line Manager approval is requested through a separate SAP workflow process following receipt of this consolidated invoice (the employee does not need to record anything in SAP for these bookings any more as the Line Manager will be notified of the bookings and all receipts via the new route).

Note:

\* For those colleagues wishing to continue using Premier Inn, please contact Miruna Donnell in Procurement to have an account created with the hotel directly and linked to the master CEMEX account in order to enjoy room rates at online discounts of up to 10% depending on location. Booking Premier Inn rooms is not possible through Infotel at the moment.



\*\* CEMEX will be liable for any hotel specific charges where applicable (these will be passed on by Infotel at no additional administration fee): cancellations, physical room damage, etc. In a very small number of cases some bookings may incur an 8% surcharge due to the hotel's operation model. Infotel will always provide options at no booking fee first. If a surcharge booking is still needed this will be processed after Infotel obtaining written Line Manager authorisation.

#### **Advantages of the new booking process:**

- Time saving: no more need to search and compare venues directly, no more need to manage receipts and log this spend in SAP.
- Personal benefits: CEMEX employees can also obtain preferential rates for private bookings as well as collect points for hotel chain reward cards for business and leisure stays.
- Potential for an all-in-one future booking solution (if successful, we may add more travel type options such as flights, trains and taxis).
- Better value for money overall.

If you have any questions, please contact Miruna Donnell (Procurement) or Tracey Cart (HR).

#### **Internal Vacancies**

IVC Ref	Position	Company	Location	Closing date
363-10-2018	Multi Skilled Operative	Aggregates Northern	Dove Holes Quarry	26/10/2018
364-10-2018	Plant Manager	Readymix Southern	Chiswick Plant West London	31/10/2018
365-10-2018	Process Controller	Cement	Rugby Cement Plant	05/11/2018
366-10-2018	Sales Executive	Readymix Northern	Area 6 North West	02/11/2018

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)

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







# Winter Checklist



*This checklist is prepared for use by managers and operatives, as a check to examine and consider what precautions are necessary, or in place, to avoid the risk of injuries.*

ICE/FROST	
Has adequate provision been made to combat ice and/or frosty conditions	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is the mains water supply protected against extreme temperatures	Yes <input type="checkbox"/> No <input type="checkbox"/>
Have all employees seen the winter warning poster	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are arrangements in place (or required) to grit selected areas	Yes <input type="checkbox"/> No <input type="checkbox"/>
Does the site have adequate stocks of grit-salt	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments .....	
.....	
.....	

PERSONAL PROTECTION	
Does everyone have suitable footwear	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is there adequate winter PPE for employees (and visitors) for the site/task	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are there requirements for additional PPE to combat extreme temperatures	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do welfare facilities provide effective drying/heating for clothing/PPE	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is there a need to provide "additional" First Aid provisions (hypothermia)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are there adequate stocks of special winter PPE	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments .....	
.....	
.....	

WORKPLACE	
Is there sufficient lighting (fixed, mobile or portable) for work areas	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is there sufficient frost protection for plant water supply (dust suppression)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are there adequate grit salt bins, (inc spare salt and spreading scoops)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are walkways kept clear from excessive water/ice	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is there adequate supply of de-icer/anti-freeze for vehicles/mobile plant	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments .....	
.....	
.....	

PHYSICAL CONSIDERATIONS	
Would the workforce benefit from, pre task warm up exercises	Yes <input type="checkbox"/> No <input type="checkbox"/>
Does the work/task risk assessment encompass winter conditions sufficiently	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is a specific "work rota" required, to ensure regular drying/heating is provided	Yes <input type="checkbox"/> No <input type="checkbox"/>
Does anyone have and physical limitations that need to be considered	Yes <input type="checkbox"/> No <input type="checkbox"/>
Is there ready/easy access to warm drinks, (remote working!)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments .....	
.....	
.....	

Name ..... Date ..... Review Date .....

*Winter conditions can be very harsh, with the application of the above checklist, help everyone have an accident free winter.*

# Practical Advice to Prepare for Winter

## What Drivers Should Do:



- **Prepare your Vehicle...** check anti-freeze, windscreen & windows, de-icer, mirrors, tyres, fluids, lights, brakes.
- **Carry an Emergency Kit...** torch, hi-vis / warm clothing, first aid kit, shovel, phone, emergency contact numbers, food and warm drink.
- **Plan the Route...** check for delays and weather conditions, in poor weather postpone the journey.
- **Adjust Driving to Suit Conditions...** slow down, keep well back, ensure you can stop safely.



## What Sites Should Do:



- **Undertake Winter Checklist** ...check grit-salt, de-icer, lighting, arrangements to heat food / drinks, PPE stocks including hi-vis, warm clothing and footwear.
- **Get Organised** ...frost protection, arrangements for clearing / gritting areas.
- **Raise Awareness**...display the winter poster and remind people of the hazards & precautions.

## What We Can All Do:



- **Wear Suitable Clothing...** warm / hi-vis clothing, appropriate footwear incorporating additional 'grippers' where appropriate.
- **Use Dedicated Walkways & 'Get a Grip'...** use three points of contact on ladders & stairways.
- **Take Extra Care...** don't take unnecessary risks.

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# St John Ambulance





# ACID OR HAZARDOUS CHEMICAL INCIDENT

# Safety advice for any acid or hazardous chemical incident

- Be alert to any ongoing danger
- You should only try to help other people if it is safe to do so
- Be careful not to get any of the substance on yourself



# Acid or hazardous chemicals

- Get someone to call an ambulance while you reassure and help the casualty
- Ask the casualty to remove their contaminated clothing and any jewellery in the affected area
- Rinse the burning areas with lots of water – if water is not available any non-alcoholic cold drink will do

# Looking after yourself

Events like these are stressful for everybody involved

Most people get over them very well, but some people have longer term issues

It is important that you talk to somebody if you are worried or frightened by what happened

This might be a friend, or you could contact a group like the Samaritans



# STABBING OR SHOOTING INCIDENT

# Safety advice for a stabbing or shooting incident

- Leave the area if you can do so safely
- If you can't leave, be alert to any ongoing danger
- You should only try to help other people if it is safe to do so
- Turn your mobile phone to silent if there is any chance it will attract unwelcome attention

# Who should I help first ?

First make sure it is safe to help others

- Start by telling any casualty who can walk to move to a safe place
- If a casualty is responsive, breathing and bleeding – first get them to safety and *then* try to stop the bleeding
- If a casualty is unresponsive, put them into the recovery position



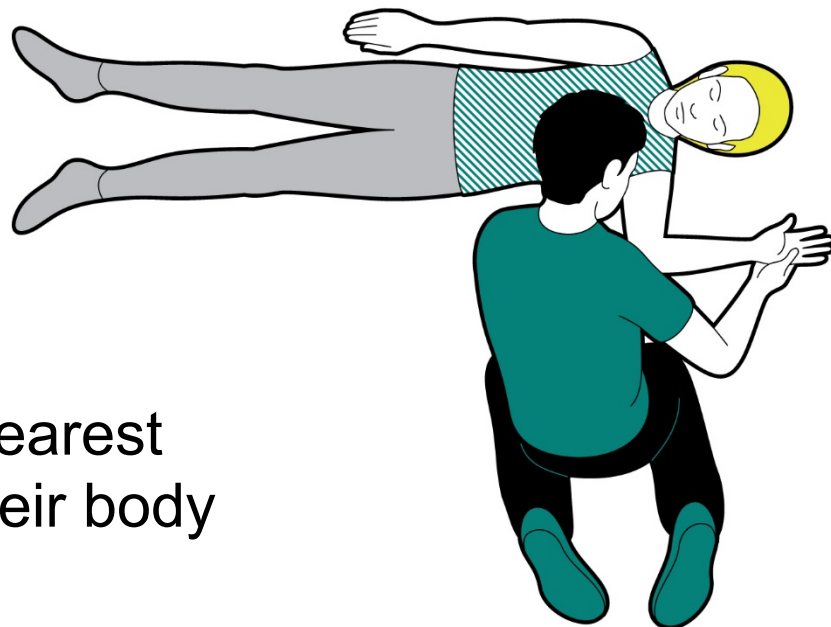
# Knife and gun shot wounds

- Don't touch or move any weapons at the scene
- Don't pull a knife or any other object out of any wound on the casualty – that could cause more bleeding and damage. Explain that to them
- Cover the wound with something clean
- Keep the casualty warm – cover them with a blanket or a coat
- Do not give them anything to eat or drink

# If the casualty has a chest wound

- Sit or lie the casualty down
- If the wound is bleeding, cover it with something clean
- Talk quietly and calmly to them to reassure them
- Keep them warm with a blanket or coat

# Putting someone into the recovery position



1. Place the casualty's nearest arm at a right angle to their body with the elbow bent

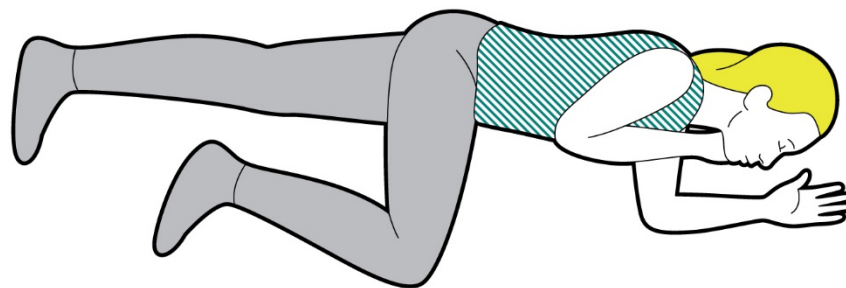
# Putting someone into the recovery position

2. Place the back of the casualty's far hand against their cheek and hold it there

- Pull their far knee up until their foot is flat on the floor.
- Pull on the bent leg to roll them towards you



# Putting someone into the recovery position



3. Tilt the casualty's head back to open their airway
  - Monitor their level of responsiveness from time to time



# If you are injured

- You should always make sure you are safe first
- Apply pressure to your wounds if you are bleeding or get others to help you to apply pressure
- You can also tell other people what to do and talk them through the steps to take

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# BURNS

# Safety advice for any burn incident

- Be alert to any ongoing danger from fire, heat, chemicals or electricity
- You should only try to help other people if it is safe to do so

# Burns treatment

- Cool the burn under cold, running water for at least 10 minutes
- Remove jewellery or tight clothing near the burn
- Do not apply dressing or any creams
- Seek medical advice if you are concerned





# Looking after yourself

Events like these are stressful for everybody involved

Most people get over them very well, but some people have longer term issues

It is important that you talk to somebody if you are worried or frightened by what happened

This might be a friend, or you could contact a group like the Samaritans

# EXPLOSION AND BLAST INCIDENTS

# Safety advice for explosion or blast incidents

- The scene may pose ongoing dangers caused by damage to buildings, fire, gas etc. Leave the area if you can
- If you can't leave, be alert to any ongoing danger
- You should only try to help other people if it is safe to do so
- If there is any chance this is a terrorist incident, do not use your mobile phone – it could set off a secondary device

# If it is safe to start helping people, who should I help first?

- Start by telling any casualty who can walk to move away from the immediate area
- If a casualty is bleeding severely, try to control the bleeding
- If the casualty is unresponsive, put them in the recovery position

# If the casualty is bleeding badly:

## Remember the three P's:

**P**rotect yourself – wear gloves or use plastic bags or cloths to avoid contact with blood if you can

**P**ack or cover the wound with clothing, towels or similar

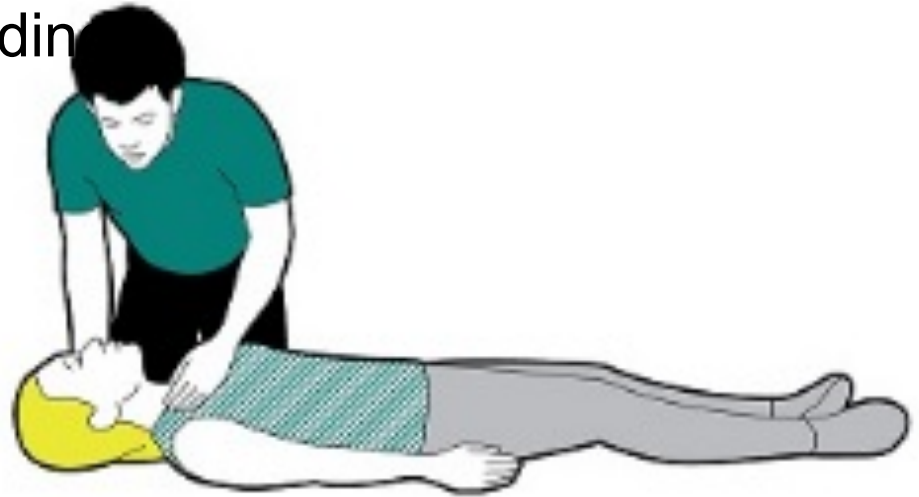
**P**ress on the wound or tell the casualty to press on it – and keep pressing until help arrives

Reassure the casualty and keep them warm with a coat or blanket



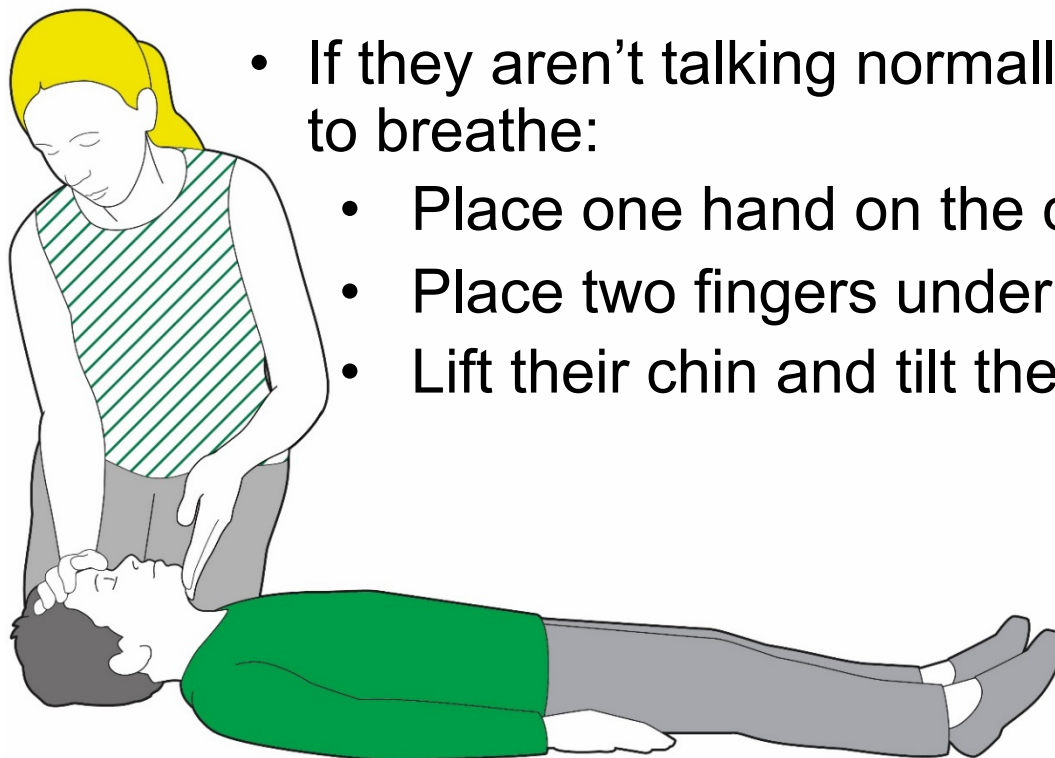
# If the casualty can't leave the area, what do I do?

- If a casualty isn't moving, shake their shoulders gently to see if they respond.
- If it is safe to talk quietly to them, ask them to do something – e.g. “open your eyes” and see if they respond. If they respond, check their airway is clear and look for signs of bleeding.
- If they don't respond, put them in the recovery position and move on to help the next casualty.



# Check the casualty's airway

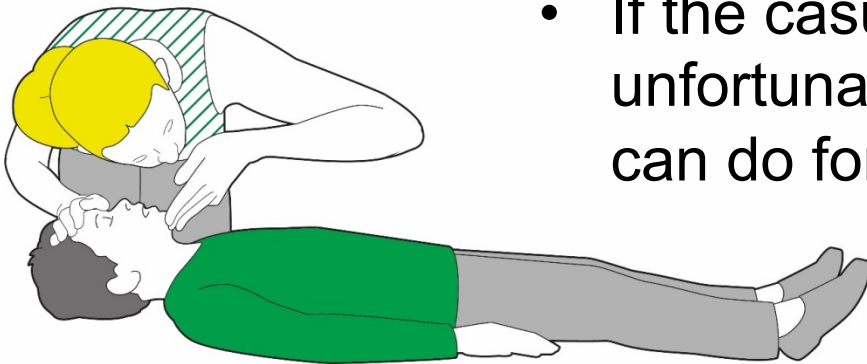
- If the casualty is talking normally, their airway is ok.



- If they aren't talking normally or are struggling to breathe:
  - Place one hand on the casualty's forehead
  - Place two fingers under the casualty's chin
  - Lift their chin and tilt their head back gently

# Check for breathing

- If you can't be sure the casualty is breathing, look, listen and feel for breathing for up to 10 seconds;
  - Can you feel their breath on your cheek?
  - Can you see movement of their chest or abdomen?
- If the casualty is breathing put them in the recovery position.

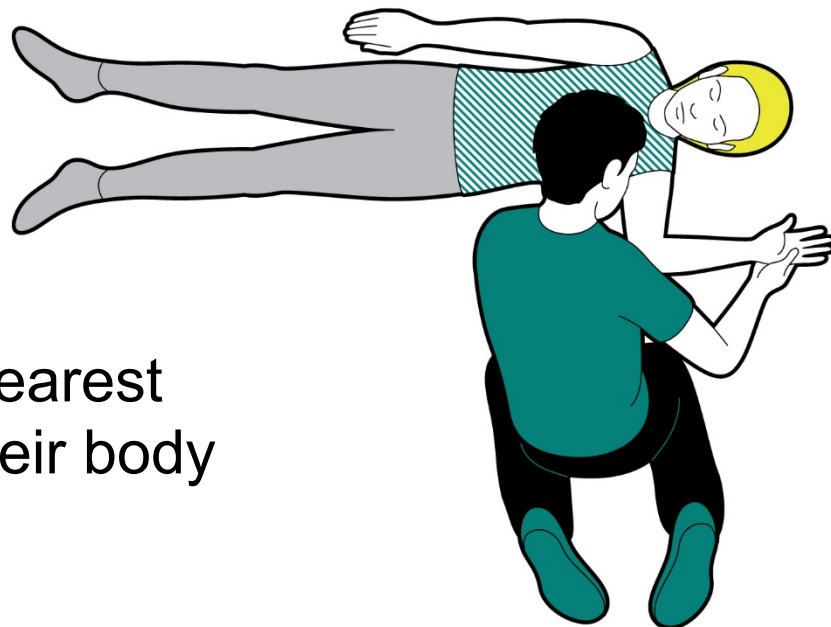


- If the casualty is **not** breathing – unfortunately there is not much that you can do for them.
  - Move on to the next casualty

# Dealing with shock

- Help any casualty to sit or lie down
- Reassure them – help will be on the way
- Keep the casualty warm
- Do not give them anything to eat or drink

# Putting someone into the recovery position

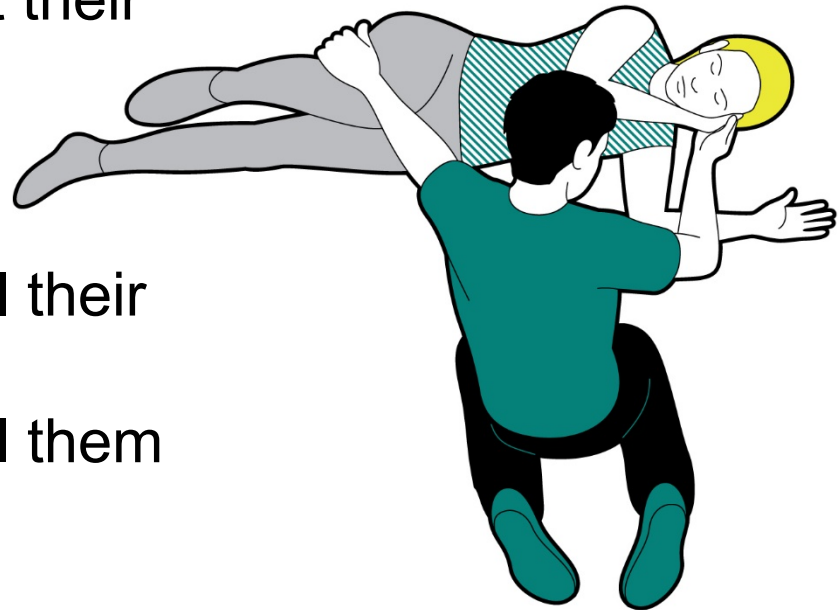


1. Place the casualty's nearest arm at a right angle to their body with the elbow bent

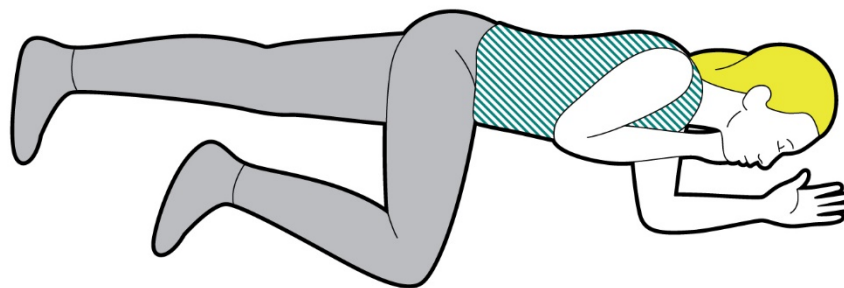
# Putting someone into the recovery position

2. Place the back of the casualty's far hand against their cheek and hold it there

- Pull their far knee up until their foot is flat on the floor.
- Pull on the bent leg to roll them towards you



# Putting someone into the recovery position



3. Tilt the casualty's head back to open their airway

- Monitor their level of responsiveness from time to time.

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