



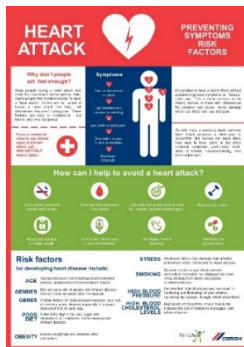
Welcome to UK News 18th Sept 2019
your weekly update from around CEMEX UK

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BEING THE BEST FOR FAMILIES

How To Recognise A Heart Attack....



This week the Health and Safety team has launched an important initiative on how to recognise and heart attack and what to do if you think this is happening to someone.

Sadly, we have suffered some tragic incidents in CEMEX due to heart attacks and we need to increase awareness of health habits. Also, it is very important to have a quick response when a heart attack is coming, so a good knowledge of first symptoms and first aids knowledge can save lives.

Please see the attached poster to display on your noticeboards and some leaflet information to print off and share or email to colleagues. It is all available in the download section of the UK News website for those not on the CEMEX system.

Check Your Miller Lifelines On Site



Hopefully most of you have already seen this information but please check if you have on site a Miller MightEvac and MightyLite Self-Retracting Lifeline.

If you have one it might be defective. Please read the notice attached at the end of this newsletter or in the download section of the UK News website and contact the suppliers in accordance with the notice.

Watch Out For Slips, Trips And Falls



Whilst there were no Lost Time Injuries (LTIs) or Recordable Injuries (TRIs) in the UK, a colleague on a Concrete plant in Germany tripped and fell on uneven ground, injuring his foot and will be absent from work. Slips, trips and falls are our most common cause of serious injury across Europe, accounting for over one third. As sites and as individuals we can minimise the risk of injuries:



SITES	PERSONALLY
Maintain good housekeeping	Keep work areas tidy
Demarcate dedicated walkways	Wear suitable footwear
Provide suitable lighting	Keep to designated pedestrian routes and crossing points
Identify and rectify slip/trip hazards where possible	Always maintain 3 points of contact on steps, stairways and ladders... "Get a Grip"
Highlight remaining slip/trip hazards with yellow paint	Walk, don't run
Display "Get a Grip" signs in prominent locations and, during inductions, remind people of the importance of maintaining 3 points of contact on steps, stairways and ladders	Look where you are placing your feet, particularly when stepping down from ladders, vehicles and mobile equipment
Ensure steps and stairways comply with relevant standards	Take action, where you can, to remedy any slip/trip/fall hazards, and report all Near Misses/ Hazards
Prepare sites ahead of winter, ensuring frost warning signs and arrangements for clearing walkways are in place	Step In and challenge unsafe behaviours

Rugby On The Run



Did you know there is a Rugby office running group?

Laurence Dagley and the gang took time out on Wednesday to get fit and run during the lunch break.

They welcome anyone who'd like to join in....

NW Partners In Safety Award



Chris Colley and Damian Jenkins (pic right) recently presented the NW Readymix Sales Northern 'Partners in Safety' Award for July to Tom Garner and Tom Slattery of Marshall Construction. They are on site at Steuber Drive Irlam, Manchester.

Tom Slattery, Site Manager, is pictured with the Award next to the defibrillator which is standard equipment on their sites.

Andy Taylor commented: "Great to see the team recognising the health and safety commitment of our contractor partners. This is a good practice scheme which we should be replicating across all areas of the business... by recognising commitment

to health and safety we will reduce the potential for poor practices and injuries."



Get Moving.....



It's European Mobility Week so ditch the car, grab your coat, headphones or a friend and get moving!

What is important to you?

- a) Reducing stress and improving mental health
- b) Helping our planet on the road to recovery
- c) Fitting more exercise into your daily routine for a healthier heart
- d) Saving some extra £££s to treat yourself and a friend to a Saturday morning coffee (maybe cake too after all that extra walking....!)

Well you guessed it, moving your body can help with all the above!

Walking/cycling is great for your health, wallet and our planet. Enjoy the last few weeks of the warmer weather by making the most of the outdoors. This could be anything from cycling to work (or walking to your closest bus stop to make use of public transport!), exploring the woods to check out the biodiversity or taking time away from your screen at lunch to have a little stroll and breathe some fresh air. So, let's put our best foot forward and lead the way to a happier heart, mind, wallet and planet. #mobilityweek #walkwithus

For more information, inspiration and/or ideas please visit: mobilityweek.eu

Please send us what you do to take part in European Mobility Week (pictures welcome) to: CEMEX Impact Team – email: impact@cemex.com

CEMEX Partners With BDM Transport To Introduce Non-Tipping Trailers For Clay Supply



CEMEX UK has started using trucks with non-tipping belt trailers on its clay supply route between Southam quarry and Rugby cement plant. These offer considerable safety and efficiency benefits.

Thanks to the conveyor belt bed in the trailer, there is no need for the truck to tip the clay out, which ensures there is no risk of truck rollover or collision with buildings if the body is not lowered. In addition, the driver can control the process by remote control from inside the cab – further increasing safety and minimising potential risk.

Using these trailers also ensures a steady flow of clay from the truck into the reception hopper, reducing stress on the reception hopper and feeder. The belt trailer is also proven to discharge a load in the same amount of time as traditional tipper trucks. Furthermore, air vents in the trailer prevent the clay from sweating, while the stainless-steel body ensures a clean discharge of material, without any clay sticking.





BMD Transport, who were awarded a five-year contract with CEMEX to haul clay, has initially purchased two trucks from Fruehauf with plans to acquire an additional seven over the next year and replace the whole existing fleet for this route with the new models.

When the whole fleet has changed to these vehicles, there are further potential benefits; it could reduce the time to discharge each load, as drivers will not have to wait for the preceding load to have cleared the reception hopper before they start to deliver their load. This could then mean that CEMEX can increase the amount of clay brought from Southam each day.

Lee Needham, Inbound Manager for UK Cement Operations at CEMEX, commented: "When BMD presented these new trucks to us, we knew they would be a very positive addition to our fleet. Ensuring the safety of those who work for us and on our sites is of vital importance to CEMEX, and we are always looking for ways to improve our operation. These vehicles offer a very obvious safety benefit and meet FORS Silver standard, plus are also efficient and reliable. We look forward to working with BMD to replace the remainder of the fleet."

Dec Chokar, Director at BMD Transport, added: "These new trucks are state of the art and have been specifically designed to be used for transporting clay. Eliminating the risk of truck rollover at point of discharge is of considerable benefit to CEMEX and will help to ensure they run a market-leading, safe operation."

BEING THE BEST FOR CUSTOMERS

CEMEX Rail Team Win Customer Care Award



CEMEX Rail team were very proud to win the Award for Customer Care at the RFG Awards 2019 last week.

The Award was given jointly with Victra Rail for the work we have undertaken at Dove Holes to improve our rail loading and turnaround times. This was recognised as having been a significant step change in the area. It is supported by stats from Network Rail that show that for the first time ever that piece of the network is above the targets set for arrivals and departures.

CEMEX were represented on the night by (pic left to right) Steven Coles, Nicholas Watson, Mark Grimshaw-Smith and Nicola Drabble.

Register For UK Construction Week 2019

CEMEX is exhibiting at this year's UK Construction Week 2019 at the NEC in Birmingham, 8th to 10th October. You are all invited along to visit the stand to see our live product demonstrations and invite customers to come and see them also.

To register as a visitor please use the link below:
<https://bit.ly/2mILTdj>



Porofoam Teamwork



There was some great teamwork last week between Technical, Operations and Commercial to carry out a 50m+ Porofoam pour for Brier Construction to Birmingham Business Park, delivered ex-Berkswell.

The last load was batched at 1.00pm with one very happy customer (at the end of one very long pipe).

Thanks, as always, to John Shrimpton and the Porofoam Specialist team at Southam.

BEING THE BEST FOR SHAREHOLDERS

Jarrow Wharf Investment



James Garbutt shared this great CAPEX project at Jarrow Wharf which will see new field conveyors and the relocation of their Telestack system. This will greatly increase the area ships can discharge cargo into. An upgraded motor and gearbox will also increase the discharge rate, cutting the time to discharge ships by 50%.

With the new field conveyor starting to be installed, new radial 1/3 poured, concrete pads in place and control cabin ready to be connected, it won't be long until we can put this new system to good use.

BEING THE BEST FOR COMMUNITIES

Doune Lend-A-Hand



Well done to the Scottish Aggs team who lent a hand at the Doune Community Walk. They spent the day laying 60 tonnes of Type 1 material on the community walk pathway.

A lot of the locals use the pathway to walk their dogs, etc on a daily basis. The villagers they met were very grateful to the team for what they were doing for the community.



Thanks to Alistair Graham and the team who took part. They received a great thank you email from Tony Farrant, the Chairman of the Doune Community Woodland Group:

"On behalf of the landowner, Moray Estates, and Doune Community Woodland Group who are responsible for managing Doune Ponds, as volunteers we really appreciate the help we get on the lend-a-hand days and overall support from CEMEX. Everyone gets stuck in and gets on with the task in hand working side by side with our team. Without the help some of the projects would not easily be achieved."

This project, which we plan will finish this Saturday, will make a significant difference to the whole community and the walkers who visit from afar."

There are also some links through to the community group:

Facebook: <https://www.facebook.com/groups/195968191185657/>

YouTube: <https://youtu.be/krSZmtsO8ig>

Rugby Golf Club Champion For The 5th Time!



Massive congratulations to Dale Marson, Small End Customer Team Leader at Rugby office, who has just won the Rugby Golf Club Championship for the 5th year in a row!!

Dale joined the club when he was only 9, and 23 years later is soon to become the youngest Club Captain next year! Any budding golfers in the Rugby office should speak to Dale.

We asked Dale about his golfing career - he was a bit self-effacing about it, but we think it's something to be proud of!

"My golfing career spans back a long time now. As a junior I won Warwickshire School Boys, Warwickshire Boys and Warwickshire Youths. I

first started representing Rugby Golf Club aged 10 and Warwickshire aged 13 which peaked in 2004 when I actually represented England National School's team.

Regarding the Championship, this is the most prestigious competition that a local club will hold. It's a 36-hole event played over one day. On this occasion conditions were very challenging. I shot rounds of 70 and 72 to win by two shots for the 5th time in my golfing career - the first being back in 2004.

There is a competition which takes place off the back of winning the Club Championship which is called the Champion of Champions. All the Club Champions across Warwickshire compete to become the ultimate Champion. It's a new event and the last time I won the Rugby Club Championship I actually went on the win the Champion of Champions which was nice 😊 so it would be excellent to do again, but you never know!"

So, for any of you who need someone to fill in on a CEMEX charity or customer golfing event remember Dale!!



BEING THE BEST FOR EMPLOYEES

25 Year Service – Congratulations Pete

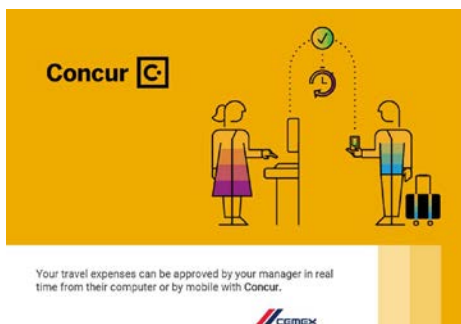


Congratulations and thanks to Pete Craven, Slab Plant Foreman at Concrete Products Buxton, for reaching 25 years service.

Paul Kania, Plant Manager, and all the team at Buxton would like to thank Pete for all his hard work and say well done on his achievement.

Pete commented he will be treating himself and his wife to a well-deserved holiday later this year with his Award. Congratulations again Pete.

New Expenses System – Concur



We are pleased to officially announce that SAP Concur goes live in the UK on **Monday 7th October 2019**. From this date, all expenses raised should be logged using Concur, as opposed to the existing SAP system.

Any expenses purchased by credit card and any cash expenses incurred prior to the go live date should be actioned per the existing process in SAP. This includes clearing the credit card expenses after they are loaded in SAP later in October.

Soon, you will be able to enjoy all the benefits this great solution has to offer:

- **Streamlined process:** no need for physical reports & receipts; receipt images are uploaded directly to Concur
- **Faster reimbursement process**
- **Greater visibility of spending (for both the individual and company)**
- **Fast & user-friendly:** Manage your travels efficiently via a handy mobile app.
- **Increased compliance with T&E policy:** Get notifications whenever exceeding local policy

We will shortly share further information, including dates for SAP Concur awareness webinars, and details about the Power Users you can ask for help and support.

Changes To Fuel Mileage Rates



The fuel rates for business mileage have been updated effective 1st September in line with the latest HMRC Advisory Fuel Rates.

The rates by engine type and size are outlined in the table below.

SAP has been updated and claims for mileage from that date onwards will be made at the revised rates.



Fuel Type	Engine size	Rate Until 31 Aug 2019	Rate From 1 Sept 2019
Petrol	1400cc or less	12p	12p
	1401cc to 2000cc	15p	14p
	Over 2000cc	22p	21p
Diesel	1600cc or less	10p	10p
	1601cc to 2000cc	12p	11p
	Over 2000cc	14p	14p

Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
255-09-2019	Quarry/Asphalt Plant Manager	Materials UK North	Divett Hill Quarry/Asphalt Plant	24/09/2019
256-09-2019	Quarry Manager	Materials UK North	Middleton Quarry	24/09/2019

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

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



HEART ATTACK



PREVENTING SYMPTOMS RISK FACTORS

Why don't people act fast enough?

Many people having a heart attack wait more than two hours before getting help. Some people find it embarrassing to have a "false alarm". Others are so afraid of having a heart attack that they tell themselves they aren't having one. These feelings are easy to understand, but they're also very dangerous.

If you or someone close to you shows signs of a heart attack, call... **AND GET HELP RIGHT AWAY!**



Symptoms

- 1 Pain or discomfort in chest
- 2 Light headedness, nausea or vomiting
- 3 Jaw, neck or back pain
- 4 Discomfort or pain in arm or shoulder
- 5 Shortness of breath



It's possible to have a heart attack without experiencing those symptoms or "classic" chest pain. This is more common in the elderly, women, or those with diabetes as the condition can cause nerve damage which can affect how you feel pain.

As with men, a woman's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to have some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

How can I help to avoid a heart attack?



Don't smoke, and avoid second-hand smoke.



Treat high blood pressure if you have it.



Eat foods low in saturated or trans fat, sodium (salt) and added sugars.



Be physically active.



Reach and maintain a healthy weight.



Control your blood sugar if you have diabetes.



Get regular medical check-ups.



Take medicine as prescribed.

Risk factors

for developing heart disease include:

AGE Ageing increases risk of damaged and narrowed arteries, weakened or thickened heart muscle.

GENDER Men are generally at greater risk of heart disease. Woman's risk increases after menopause.

GENES A family history of heart disease increases your risk of coronary artery disease, especially if a parent developed it at an early age.

POOR DIET A diet that's high in fat, salt, sugar and cholesterol can contribute to the development of heart disease.

OBESITY Excess weight typically worsens other risk factors.

STRESS Unrelieved stress may damage your arteries and worsen other risk factors for heart disease.

SMOKING Nicotine constricts your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis.

HIGH BLOOD PRESSURE Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the vessels through which blood flows.

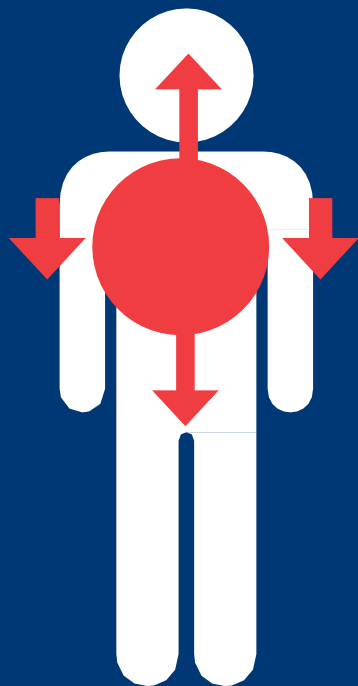
HIGH BLOOD CHOLESTEROL LEVELS High levels of cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis.



Strong chest pain lasting
several minutes is often
described as a

HEAVY CHEST

It can spread into the
neck, lower jaw, teeth,
upper limbs, back, and
abdomen.



A POCKET LEAFLET

that can

SAVE YOUR LIFE



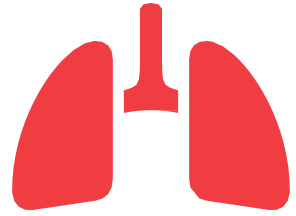
RECOGNIZE A DEADLY

HEART ATTACK IN TIME

These are
THE MOST COMMON
SYMPTOMS

BREATHLESSNESS

even during
physically
undemanding
activities



COLD SWEAT



EXTREME FATIGUE

without a cause can
precede an impending
heart attack



NAUSEA / VOMITING

A HEALTHY DIET



Focus on low-fat foods,
fish, and vegetables

EXERCISE REGULARLY

IDEALLY 30 MIN.PER DAY



RELAX

Maintain
WORK-LIFE

BALANCE

6

RECOMMENDATIONS
FOR A HEALTHY
HEART

MAINTAIN
HEALTHY
WEIGHT



REGULARLY CHECK YOUR

BLOOD PRESSURE,
CHOLESTEROL,
AND BLOOD
SUGAR LEVEL

it can help detect
the risk
of heart attack
in time





To: From: Miller MightEvac, MightyLite Self-Retracting Lifeline End-Users

Date: Honeywell Industrial Safety

Subject: 28 August 2019

MANDATORY STOP USE NOTICE (Immediate Stop Use Required)



Please read, review and follow the instructions in this notice carefully.

⚠ WARNING! All recipients of this mandatory stop use notice must read, understand and follow all instructions. Failure to do so may result in serious injury or death.

At Honeywell, our mission is to be the global leader in personal protective equipment with innovative solutions that protect and save lives. In line with our commitment to our mission statement, we are writing to inform you of potentially non-conforming brake components in certain models of Miller MightEvac and MightyLite Self-Retracting Lifelines (SRLs) ranges manufactured within a specific timeframe. **While there have been NO reported incidents due to this nonconformity, continued use of the product could result in serious injury or death.**

The following information provides detailed instructions on immediate actions you are required to take.

Products included in this notice must be removed from use:

This notice only affects the models listed in Table 1, with identified manufacturing dates or re- certification dates between October 27, 2016 and October 6, 2018. Models outside of this date range, including new units, are not affected by this notice.



To determine whether your MightEvac and/or MightyLite Self Retracting Lifeline SRL is affected by this notice, **please take the following steps immediately:**

- **Step 1:** Look for model number on the product label and the date of manufacture (see Figure 1 below).
- **Step 2:** If the model number on the label is on the list on Table 1 AND the manufacture date is between October 27, 2016 and October 6, 2018, then **remove this product from service immediately.**
- **Step 3:** If the unit has been re-certified or repaired (See Figure 2) between October 27, 2016 and October 6, 2018, then **remove this product from service immediately.**
- **Step 4:** Once you have identified affected units, go to <https://industrialsafety.honeywell.com/content/his/us/en/stopuse.html> to submit a request for returning your unit to Honeywell for repair

We have already determined a solution for the potential non-conforming brake components for affected models of Miller MightEvac and MightyLite Self-Retracting Lifelines (SRLs), which will require replacement of the brake component at our repair center. We apologize for the inconvenience this may cause and potential business disruption. We urge you to immediately discontinue use of affected units to avoid safety risks.

Our team is working hard to streamline the return and repair process. Replacement of the brake component will be free of charge and at no additional cost to you. We will provide you with more details on the return and replacement process. For questions about how to determine whether your product is affected by this notice, please contact Honeywell at **00 800 33442803** or email is.ppe.techsupport.europe@honeywell.com.

We assure you that no other Miller Fall Protection products are impacted, and they are safe to use.

Honeywell has been a manufacturer of industrial personal protective safety products for more than 75 years and our customers' safety is ALWAYS our highest priority.

Honeywell Industrial Safety



Table 1: List of model numbers included in this Safety Notice.

MightyLite Self-Retracting Lifelines			
RL100BG/100FT	RL30P-Z7/30FT	RL65G-Z7LEK/65FT	1002828
RL100G/100FT-USS	RL30SS-Z7/30FT	RL65SS-S/65FT	1004574
RL100G-Z7/100FT	RL40K-Z7/40FT	RL65SS-Z7/65FT	1004575
RL100SS-S/100FT	RL40MG/40M-AUS	RL80K-Z7/80FT	1004594
RL100SS-Z7/100FT	RL50BG/50FT	140059/30FT	1004595
RL120G-Z7/120FT	RL50BG-Z7/50FT	150077/30FT	1002828C
RL130G/130FT-POR	RL50BSS-Z7/50FT	170016/57FT6IN	1004571C
RL130G-Z7/130FT	RL50G-Z7/50FT	170053/LW6771	1004572C
RL130SS-Z7/130FT	RL50G-Z7LE/50FT	20A901	1004574C
RL140G/140FT-SPA	RL50G-Z7LEK/50FT	2JFC9	1004574C
RL175G-Z7/175FT	RL50P-S/50FT	2JFD3	1004575C
RL175SS/175FT	RL50P-Z7/50FT	36WA16	1004593C
RL175SS-S/175FT-POR	RL50SS-S/50FT	45J014	1004594C
RL175SS-Z7/175FT	RL50SS-Z7/50FT	45J015	1004595C
RL30G-Z7/30FT	RL65G-Z7/65FT	45J018	1002820
RL30MG/30M-AUS	RL65G-Z7LE/65FT	45J019	1002827
			1005149
MightEvac Self-Retracting Lifelines with Retrieval			
MR100GB/100FT-POR	MR130G-Z7/130FT	MR50G-Z7/50FT	MR80K-Z7/80FT
MR100GB-Z7/100FT	MR130SB-Z7/130FT	MR50S/50FT	120032/100FT
MR100GCM-Z7/100FT	MR130SX-Z7/130FT	MR50SB-S-Z/50FT	1XEU2
MR100GC-Z7/100FT	MR130S-Z7/130FT	MR50SB-Z7/50FT	20A766
MR100GX/100FT	MR15MGB/15M-AUS	MR50SCN/50FT	20A773
MR100GX-Z7/100FT	MR30MGB/30M-AUS	MR50SC-S/50FT	36WA24
MR100G-Z7/100FT	MR40K/40FT	MR50SC-Z7/50FT	45JK01
MR100SB-S/100FT	MR40KB-Z7/40FT	MR50SS-S-Z7/50FT	5YH35
MR100SB-S-Z/100FT	MR40KC/40FT	MR50SX/50FT	1005160
MR100SB-Z7/100FT	MR40KC-Z7/40FT	MR50SXM/50FT	1005161
MR100SC-Z7/100FT	MR40KX/40FT	MR50SXM-Z7/50FT	1014370
MR100SX/100FT	MR40K-Z7/40FT	MR50S-Z7/50FT	1005149-A
MR100S-Z7/100FT	MR50GB/50FT-POR	MR80KB/80FT	1014390-A
MR130GB-Z7/130FT	MR50GB-CE/50FT	MR80KB-Z7/80FT	1014390
MR130GC-Z7/130FT	MR50GB-Z7/50FT	MR80KC/80FT	
MR130GX-Z7/130FT	MR50GX-Z7/50FT	MR80KC-Z7/80FT	
RoofStrider MightyLite Kits			
RM50G/50FT	SRM50G/50FT	SRM50P-Z7/50FTC	SRM65G-Z7/65FTC

SRM30G/30FT	SRM50G-Z7/50FTC	SRM50SS-Z7/50FTC	
SRM30G-Z7/30FTC	SRM50P/50FT	SRM65G/65FT	
Repair Parts			
6139853/	6139872/	7286980/1	
Tripod Kits			
1034911	1034912	1034913	1034910



Figure 1: Variable Label

- Each unit contains a Variable Label located on the front or back of the unit. The specific Model and Date of Manufacturer is printed on the Variable Label.



Figure 2: Recertification Label Example

- A recertified unit has a Recertification Date Label containing the original date of manufacture along with the Date of Recertification