



Welcome to UK News 25th June 2020
your weekly update from around CEMEX UK

View UK News on: www.cemexuknews.co.uk

Follow us on twitter too: @CEMEX_UK

BEING THE BEST FOR FAMILIES

Being Stuck In Mud Is No Game



A huge thank you to Logistics Driver, Peter Dick, who recently rescued a member of the public from being stuck in some mud.

As Peter left Wangford quarry en route to his next delivery he encountered a cyclist at the exit. They stopped for a brief chat and the local told Peter that there was a lady further up the road on a bike and he should be careful.

Peter continued his journey keeping an eye out for the lady, but there was no sign of her anywhere. He suddenly heard cries for help, so he stopped his truck to see what was happening. The lady was down a bank and stuck in mud up to her knees.

Peter donned a face mask and gloves and descended the bank to assist her. She was shaking and unable to move her legs. Peter tried to calm her and asked her to grab his wrists and he would endeavour to free her, but she was stuck too firmly to be pulled out this way. He then asked her to put her arms around his neck and he would put his arms around her and drag her out. Thankfully this worked and Peter got her to the bank safely. The lady apparently had seen some wildflowers and had tried to pick them when she stumbled into the mud.

Peter calmed her down and offered to take her back to the quarry to make her a hot drink and get her composure back. She declined as she lived locally just past the quarry. After a chat she left the scene to return home and Peter returned to his lorry to continue his work.

Simon Spelman, Area Logistics Manager, commented: "What Peter did was very commendable. He was aware of the vulnerable road user in the area and proceeded with caution which allowed him to take stock of the situation and execute the rescue, we are all proud of his actions."



Cold Water Shock Can Kill



Just a reminder to all colleagues on sites which have open water. Please check your boundaries and make sure that clear signage is up warning people of the dangers of trespassing and swimming in our quarries. With an extremely hot week forecast and no public pools open folk will be even more tempted to trespass on our quarries. We all know this can have tragic consequences so please double check all of your boundaries.

We appreciate that it is a very difficult job to do and appreciate all the efforts you make to manage this situation. Let's continue to ensure control measures and rescue equipment are in place and included in site inspection schemes.

Please speak to your Health & Safety Specialist if you have any concerns or questions.

Sand Falcon Supports Coastguard Drill



The Sand Falcon helped the local Coastguard with a safety drill recently.

Captain David Pearson explains: "Periodically the UK and European Coastguard helicopters do a safety drill on various vessels. They prefer to try and drill on vessels that have particular issues with the amount of free deck space. This is so when or if they have to attend in an emergency they have experience in landing the crew members in a restricted space.

The technique they use is called the High Line Technique, which means they lower the crew member on the winch line away from the vessel and then when he is level with the landing area they

manoeuvre the helicopter in towards the target area. They then recover the crew member in the same manner."

Watch a video of the drill here: <https://web.microsoftstream.com/video/aa5f9113-0175-4a52-a7ed-32eb8f311fe3>

Sharing Of Pens And Other Items



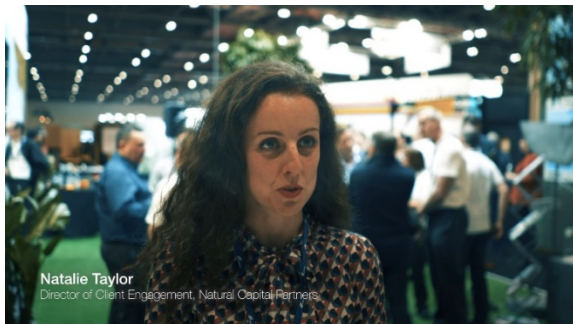
Concerns have been raised about visitors sharing pens, pencils etc. when signing in and out of sites. To avoid this consider nominating someone to sign people in and out. This will also prevent visitors touching the sign in book.

Don't forget to manage the risk of inadvertently sharing other items, particularly in communal areas. Encourage teams to think about how we can minimise common "touch points" – for instance, containers for tea or coffee. Where possible, remove these or ensure disinfectant wipes and hand sanitiser can be used before and after.



BEING THE BEST FOR CUSTOMERS

What Is Carbon Offsetting?



What is carbon offsetting and how does it work when we sell Vertua products?

In this week's Vertua video Natalie Taylor from Natural Capital Partners explains carbon offsetting and the benefits of this approach for CEMEX and customers using its Vertua low carbon concrete range.

CEMEX has chosen to support a project replanting trees in East Africa in partnership with local farmers. We work with Natalie's company, Natural Capital Partners, to do this.

It's a great two minute explanation, watch the video here:

<https://web.microsoftstream.com/video/5a028788-d8bc-4192-ab07-ef44132cf5bc>

BEING THE BEST FOR SHAREHOLDERS

Call For Smart Innovation Ideas 2020



Sometimes the biggest innovations start with the smallest of ideas.

If you have a seed of an idea of a way to improve our business but haven't got the team to help develop it, you could submit it to our SMART innovation team.

Would you like participate in the process this year? The image is a **one pager with basic questions briefly answered**.

Share your idea at: <https://cemex.sharepoint.com/sites/SmartInnovation/source/challenges.aspx>

Great Britain Top Of The League In Construction Aggregates Recycling



Recycled and secondary sources of construction aggregates supplied 28% of total demand in Great Britain in 2018, well ahead of the European average. This is an ongoing success story for the mineral products industry and reflects the sector's continued commitment to recycling and the circular economy.

In a new report, the Mineral Products Association estimates that in 2018, a total of 71 million tonnes of aggregates from a range of sources have been re-used in construction in Great Britain, 90%



(64 million tonnes) of which originated directly from construction activity, through demolition work and road repairs.

To find out more go to the MPA website: www.mineralproducts.org

Follow The MPA To Get Linked In



You may have been aware that the MPA launched a new campaign – UK Concrete – earlier this year with the intention of increasing the public and political advocacy for Concrete and Concrete products.

An important tool for their campaign is social media and they already have a website and Twitter feed.

- the UK Concrete website: www.thisisukconcrete.co.uk
- and our Twitter feed: @thisisconcrete

You will be pleased to learn that you can now follow them on LinkedIn by clicking this link: www.linkedin.com/company/this-is-uk-concrete. Please ensure you click **follow** once you are on the LinkedIn page.

By connecting with them on Twitter and LinkedIn you can keep up to date with their campaigns, help to develop your own network and perhaps most importantly, help to amplify the industry voice by re-posting and joining in with the conversation. Chris Leese, who most of you will know, is working with the MPA on this campaign.

BEING THE BEST FOR COMMUNITIES

CEMEX Supports Veterans Through COVID-19 Appeal



At CEMEX, we are fully committed to continuing to prioritise the health and safety of our employees, customers, suppliers and communities.

Our efforts to help the battle against COVID-19 extend beyond our operations. Understanding the current health emergency that puts the health of citizens at risk, the company is carrying out different actions to join in the protection of our communities, especially those of the most vulnerable groups.

CEMEX UK has, therefore, made a significant donation to STOLL, a charity that provides housing and support services to ex-servicemen and women.

The money will help STOLL navigate the additional challenges to its work presented by the Coronavirus pandemic. In particular the logistics of the lockdown, which have had huge implications for STOLL's residents, over 70% of whom are classed in the 'at risk' category. They are used to daily contact from the STOLL team and have suddenly become very isolated. Planned support programmes,



such as for health and wellbeing, have all had to adapt and move online, while the additional expenditure on medical items including PPE has been considerable.

This donation is particularly valuable at this time because fundraising challenges and events planned for this year have had to be cancelled or postponed.

Andlyn White, CSR Specialist, said: “The Coronavirus pandemic has had a huge effect on us all, but charities and organisations such as STOLL, which are vital for caring for those who are vulnerable, have been dramatically impacted. We are very happy that we were able to support the important work STOLL does and its service users. We have also been able to supply them with hand sanitiser and 200 face masks.”

STOLL houses around 300 vulnerable and disabled veterans across its sites in London and Aldershot, as well as over 100 more every year across the UK through other housing providers.

Blythe House Hospice Care (Twitter) Dove Holes



We received a lovely thank you tweet from Blythe House Hospice near Dove Holes, for sending them some containers of our hand sanitiser to use. They provide support and services to anyone in the area who is affected by a life-limiting illness and are dependent on private funding to keep them running.

Here's what they said: “A great big thank you CEMEX UK who have very kindly donated 30 litres of their own manufactured hand sanitiser to the hospice! Amazing work team – we are so grateful to be one of local healthcare organisations to have benefited from this generosity!”

BEING THE BEST FOR EMPLOYEES

John Wickenden 40 Years Service



A massive thank you and congratulations to John Wickenden who has reached his 40 years service this week. He is a Loading Shovel Driver and is a big fan of the Volvo L180H loading shovel!

He has seen many changes over the years, he started working for Hall Aggregates, then RMC and now CEMEX, and has worked at Rochester plant, Aylesford quarry and now Angerstein wharf. He is also retiring from the wharf and hanging up his hard hat.

Jamie Keeble, Manager of Angerstein wharf, commented: “He is a really great Shovel Driver and he will be missed. We all wish him well and a long and happy retirement.”



Paul's Experience Of Having Coronavirus



As some of you may know Paul Reynolds, Commercial Development Manager for CEMEX UK, tested positive for Coronavirus and has been recovering at home with his partner, Karyn, who also had the virus. Thankfully, Paul and his partner are feeling much better.

He has kindly shared his experience of having the virus below – it is a powerful story and one that we are sure will be helpful to those who have been feeling anxious about the virus and its impact.

As an RRT we would like to send Paul and Karyn our very best wishes; we are so pleased they are both recovering well. Thank you for your story Paul.

Paul Reynold's Experience of the Coronavirus

Firstly, thank you so much for all the messages and support wishing myself and my partner a speedy recovery, I found it very genuine, supportive and heart-warming to know I had the support of my colleagues.

So how did we contract the virus?

My partner, Karyn, manages a section of a care home that normally provides respite for Dementia patients, however, following a local care home becoming infected with COVID, they took in ten patients, all of whom had contracted the virus (of the ten sadly four succumb to the disease). Contrary to public belief, the home where Karyn works was well provided for regarding PPE and they have a policy of isolating patients, as well as limiting deliveries and visitors to the site. However, whilst PPE does offer some protection, it is essential that the team are all responsible for keeping everyone safe. For example, safely disposing of PPE once it has been used, or when removing a glove causes the contaminated area of the glove to come into contact with the skin, washing hands is still a necessity.

What symptoms did we show?

Prior to having a test Karyn complained of feeling extremely tired and exhausted. Then three to four days later she noticed that her temperature was rising. For myself, I kept smelling a musky smell and was a little tired, and then again, three days later my temperature started to increase. I also had aches to my limbs, similar to flu-like symptoms, and generally feeling weak. Later into the virus we both suffered from a loss of taste, suffered some breathlessness and developed a rash. Thankfully neither of us had a tightening in the chest.

Testing positive and managing the virus

When either yourself or a loved one tests positive, it is extremely concerning as it confirms for you that you are on the start of a journey to which none of us know the outcome. The information that we see on the news shows some terrible outcomes with a scary death rate and pictures of normally healthy people leaving hospital in wheelchairs after spending time on ventilators, and you hope to be one of the lucky ones. However, it is worth remembering that thankfully the majority of us will make a full recovery, and if you follow the NHS advice I believe you can significantly limit the effects of the virus on you.



- **Chill** – Totally relax and do not get stressed. Let your body focus on fighting the virus. That does not include alcohol, again your body does not need to waste energy cleaning your blood when it has a virus to fight.
- **Temperature** – Control your temperature with Paracetamol or Ibuprofen. If your temperature continues to rise, then call 111 (Karyn peaked at 40.5°C and I at 39.8°C).
- **Hydration** – Drink plenty of water to stay hydrated and flush the virus through the system. The recommendation is that urine should be clear.

Coming out the other side

There appears not to be a test that can confirm that you are free of the virus. There is every possibility that once you have had the virus your lungs will cough up dead Coronavirus cells which will give a positive reading, but you are not infectious to others.

The Government advice is that you self-isolate for seven days, or until symptoms subside. Both Karyn and I began feeling better after a week, with temperatures dropping back to normal levels, but then the virus appeared to come back for a second time a day or so later. My recommendation is that you should self-isolate for a minimum seven days and only come out once your temperature comes down into the 36°C range for a minimum of 48 hours.

I am now feeling much better and I hope to be back with you next week. We have been lucky, we have both had the virus and come out the other side unscathed, but for anyone feeling complacent, do not underestimate this virus, no one can guarantee the outcome, and trust me it takes an awful lot out of you. I certainly would not want to go through this again or learn that any of my family, friends and colleagues have been struck down with it.

Dealing with the self-isolation

This is probably the hardest part of the virus, and I cannot thank everyone enough for their messages. Try to occupy time with watching movies, reading and doing quizzes. Don't be tempted to do emails as they can cause stress, remember you need to relax.

I hope this insight is helpful, and thanks again for your support.

Take care and stay safe.
Paul Reynolds

Recognising Our Marine Team

Today is the 10th Annual International Day of the Seafarer.



Day of the Seafarer is an official United Nations international observance day which takes place every year on 25th June. It is organised by the International Maritime Organisation and aims to increase awareness among the general public of the world's 1.5 million seafarers for their unique, and all-too-often overlooked, contribution they make to the well-being of all of us.

The idea is to recognise the contribution of seafarers to global supply chains, without which we would not have many of the resources and goods which we do.



The campaign also seeks to raise awareness of the work achieved by seafarers in response to the pandemic and to thank them for their contribution.

So, we want to take this opportunity to thank all those who work on our ships and in the Marine Team – you are a vital part of the construction industry, helping to source aggregate and deliver it where it is needed. THANK YOU.

Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
067-06-2020	Plant Manager	Materials UK South	Leatherhead - Surrey	10/07/2020

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.

