



Welcome to UK News 9th July 2020
your weekly update from around CEMEX UK

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BEING THE BEST FOR FAMILIES

CEMEX Worldwide Update



Dear colleagues,

I wish that you and your families are healthy and safe. Over the last three months we have seen our world confront - and gradually begin to adapt - to the unprecedented dynamics of the COVID-19 pandemic. But there is still high degree of uncertainty about the duration of this environment and the characteristics of all the additional changes we will be facing.

Three months ago we launched a series of bold actions designed to confront and mitigate the impacts we would be facing. I have been positively impressed by the work all of you have done around the world. The Global Rapid Response teams, working closely with many of you throughout the company, have done an amazing job in ensuring we deploy a common strategy around the world, focused in deploying protocols to provide for the safest possible work environment, and in ensuring our ability to keep serving our customers around the world in the safest possible way. To this end, I want to congratulate all of you for your dedication and commitment in these challenging times.

In terms of our results and our financial position, the actions we put in place three months ago have significantly contributed to enhancing our performance and in strengthening our financial position. I would like to highlight:

- The suspension and/or reduction of discretionary expenses, and in salaries, has helped reduce our SG&A in a significant way over the last months.
- Suspension or postponement of CAPEX have supported our free cash flow generation which in turns enhances our liquidity position.
- Suspension of corporate activities and global networks have allowed us to focus on our core activities of producing, selling and serving our customers.
- We have completed actions to increase our financial flexibility and our liquidity position. Today there is no major concern from the capital markets, of CEMEX's ability to confront this crisis from a liquidity and capital structure standpoint.



All of these actions are making a difference in our performance, and we should all be proud of the way we have confronted this challenge. While all of this is encouraging, as I mentioned before, there is still a high degree of uncertainty about how our markets will perform in the next months. To this end I want to highlight that for the remainder of 2020, we shall maintain the suspension or reduction of the following:

- Capital expenditures not related to managing the pandemic, with the exception of a recently approved CAPEX allocation to ensure we don't miss high priority growth opportunities.
- Budgeted discretionary operating expenses. I want to reiterate that the budget for discretionary operating expenses (external consultants, travel fees, etc) for the rest of the year is cancelled.
- Production and inventory levels in all our markets, in line with lower demand conditions.
- Corporate and global networks activities that are not related to our priority of managing our core business activities in this time of crisis.

After having seen the highly proactive nature of our response to this unprecedented situation, and our focus in continuing serving our customers in the safest possible way, I am very optimistic that we will succeed during these challenging times.

I thank all of you for your hard work and wish that you remain healthy and safe.

Best regards,
Fernando

COVID – Actions Save Lives



Identify and
Inform



Personal
Hygiene



Physical
Distance



Protect Yourself
& Others

The Global team has recently released two COVID-19 Global Safety Alerts. They detail the tragic circumstances in which two colleagues from outside our region contracted COVID-19 and subsequently died, one an employee and the other a contractor.

In one of the incidents, a company Truckmixer Driver contracted COVID-19 after visiting his mother at her home when she was ill with COVID symptoms and again when she was admitted to hospital. He was placed in quarantine and tested positive for COVID-19; his condition deteriorated, and he was admitted to hospital where sadly he died a week later. While his mother is now recovering, both his wife and a work colleague also contracted the virus.

In the second incident, a contractor visited his family in another household after a relative passed away due to COVID-19, and also attended the funeral. Both he and his wife contracted COVID, while she is recovering he tragically died.



As lockdown measures are gradually reduced there may be a temptation to relax our defences, but this remains a high-risk period where the virus is still present in communities. Please discuss these tragic incidents with your teams and remind everyone of the importance of following the four Key Safety Behaviours that Save Lives, and of ensuring the CEMEX COVID Protocols, Government Guidance and local Good Practices are implemented in full.

In addition to displaying these Alerts on noticeboards, they should be reviewed by Line Managers to ensure any gaps in control measures are identified and resolved as soon as possible. Now is a good time to reinforce the precautions and controls needed to keep ourselves and our families safe. The Alerts can be found at the end of this document or downloaded here:

<http://www.cemexuknews.co.uk/downloads>

HEALTH AND SAFETY INFORMATION AND RESOURCES CAN BE FOUND AT THE FOLLOWING LOCATION: <https://cemex.sharepoint.com/sites/UKHealthandSafety>

COVID Safe



Great to see COVID safe behaviours in action at our Salford site. Dave Hart recently visited the site and took some photos.

He commented: "Thank you to Phil Repton and the team who have done an excellent job ensuring compliance with the COVID protocols looking after employees and regular contractors."



Stay Safe This Summer



March to August is our highest risk period for accidents on sites. Please take the time to STOP AND THINK and STEP IN. Use the latest poster shown in the image at your workplaces to remind everyone to LOOK AFTER THEMSELVES AND EACH OTHER.

The poster can be found at the end of this document, on SharePoint: <https://cemex.sharepoint.com/sites/UKHealthandSafety>

Or scan this QR Code:



Jump Back July



We can't control the things that happen to us, but we can choose how we respond... that is the mantra for this month's Action for Happiness calendar.

The month is focused on how we can be more resilient in challenging times. Print off the calendar at the end of this document or you can download here: <http://www.cemexuknews.co.uk/downloads>, or email it on to others via:

https://www.actionforhappiness.org/media/897224/july_2020.pdf

Go to www.actionforhappiness.org to find out more, they also have a Smartphone app to help stay positive.

Get Fitter For Life.....



Want to get fitter with a supportive group of colleagues online? Well feel free to join in with the Fit4Life Endomondo challenge. Simply sign up to record your activity. You don't need to be an Olympic athlete just keen to get off the sofa!



Jacek Adamowski is championing the challenge: "We're already past one month of our great struggle to be #fit4life in the Endomondo challenge:

<https://www.endomondo.com/challenges/43707985>

What we've already achieved in one month is truly astounding! 60 people have tracked more than 12,000 km, burnt more than 700,000 calories and spent together on various activities 1.75 month of their time! Congratulations to all of us. We still have two months to go, so do not hesitate and join us. Each activity counts!

Currently, we have participants from seven countries: 45% are from Poland, 23% from Spain, 15% from Czechia, 10% from UK, 3% from UAE and 2% from Germany and France."

Supply Chain Get Fitter For Life



Well done to the Supply Chain Management team who achieved a collective 800 miles of walking, running, cycling and general exercise in June. The team set a target of 450 miles, the equivalent of walking from Leith to Denge quarry but were able to smash this.



They had good fun along the way encouraging and nudging everyone to share their daily/weekly achievements. The Rail and Sea team added another 200 miles to that total. They set a target of Dove Holes to Raynes and back (172 miles in total) and achieved that.



BEING THE BEST FOR CUSTOMERS

Vertua Video!



Still don't know about our new carbon neutral concrete range?



Watch our latest video where Michel Andre, VP Materials Western Europe, talks about why it is important for us all to reduce our emissions and how Vertua can help our customers build sustainably:

<https://web.microsoftstream.com/video/5033c3c1-6105-4cfa-b5d7-67fd30d34c83>

BEING THE BEST FOR SHAREHOLDERS

Record Month For Marine

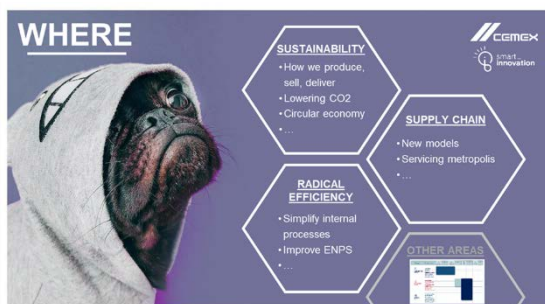


Great news from our Marine operations, they topped the 500,000 tonne mark in June for the first time since November 2018. Impressive figures especially given the global situation we are all going through.

Well done to everyone in the Marine team for your dedication and hard work.

Keep dredging.....

SMART Innovation



Have you been wondering where to focus your search for innovation opportunities?

The areas we prefer you to focus on are: Sustainability, Supply Chain and Radical Efficiency of our processes, while it can emerge from any part of a business model. However, we welcome any value creating opportunity from any part of the construction value chain.

If you'd like to get more context about innovation in EMEAA watch the on demand 60 minute webinar ([here](#)) *Essential Insights into Innovation Idea Challenge 2020*.

If you are interested in learning more about innovation in CEMEX and our region, receive more learning materials and tools, go to <https://cmx.to/smartinnovation> and follow [EMEAA Yammer](#).



BEING THE BEST FOR COMMUNITIES

Vital Support Pledged To Myton Hospice



As part of efforts by CEMEX to help local communities and those who have been greatly impacted by the Coronavirus pandemic, the company has pledged a significant contribution to Warwickshire-based charity, Myton Hospice.

Myton Hospice provides support and end of life care to terminally ill patients, with hospices in Rugby, Coventry and Warwick. In particular, their Myton at Home service has experienced a real surge in demand and growth as a result of the Coronavirus pandemic.

Visitor limitations at their hospices, which have been enforced by Government directives, and social distancing/self-isolation, have left many of their terminally ill patients and prospective patients electing to, where possible, receive their end-of-life care at home, surrounded by their families and safely away from the dangers of COVID-19.

Since the outbreak began, the charity has experienced a massive 50 per cent increase in demand for their Myton at Home service operating across Coventry and Warwickshire and a 10 per cent increase in demand for their Rugby Myton at Home. The increase in demand has seen the temporary redeployment of some of their registered nurses to ensure the service demands can be met. Each patient requires on average 10 – 12 visits from the Myton at Home service, with nearly 60 patients across Rugby, Coventry and Warwick using this service in the first three months of 2020.

The donation from CEMEX will cover around 50 visits from a specialist nurse or enable end of life care for four patients. Chris Willmott, Corporate, Grants and Trusts fundraiser at The Myton Hospices said:

“On behalf of everyone at Myton, in particular our patients and their families, I would like to say a huge thank you to CEMEX for this wonderful donation.”

The Coronavirus pandemic has seen a huge surge in demand for our Myton at Home service as patients and their families seek to stay as safe as possible in their own homes and spend precious time together without exposing themselves to the risk of COVID-19 and the associated problems it could cause at such a crucial time in their lives.

This amazingly generous donation will fund 50 Myton at Home visits to terminally ill patients and make such a huge difference to them and their families.”

Chris added: *“We would also like to say another huge thank you to CEMEX for the other support it has so generously given to The Myton Hospices during the current crisis; two iPads to ensure our patients who have been isolated are able to stay in touch with their families and several large donations of hand sanitising gel to keep our amazing nurses and their patients as safe as can be.”*

With our fundraising having been crippled by the crisis, the support of companies such as CEMEX has never been more important – thank you.”



Don't Waste Our Waste Journeys



For many of our sites Biffa is the main waste operator, carrying out over 15,000 waste collections per year. However, when collection vehicles arrive at site they may not be able to carry out the service due to a number of reasons, e.g. obstructions of the bins, overloaded bins, incorrect material in bins, closed sites. When this happens the service is not completed resulting in a wasted journey at a cost to CEMEX.

Best practice is to ensure that Biffa drivers are asked to visit the weighbridge or office when they arrive at site and are given permission to proceed prior to attempting a lift of bins or skips. This will give you the opportunity to assist/supervise and correct any issues the driver may have before Biffa record it as a wasted journey.

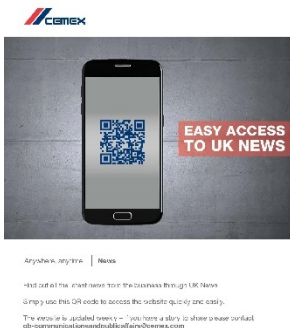
Key Points

- **Keep access to bins and skips clear** – are the bins in the most sensible location on site?
- **Ensure waste is segregated correctly** – are bins adequately signed? Do site staff know which bins to use? – e.g. black bags are not allowed in mixed recycling bins.
- **Don't overload** – when a bin is full, either arrange for an additional collection or find an alternative storage method until the next collection is due. Do not fill skips above "level load only line".
- **Review your collection arrangements** – are the waste collection frequencies and bin types suitable for your site?
- **Notify of site closures** – if the site is closed e.g. for holidays, ensure that Biffa have been notified in advance.
- For general enquiries contact the CEMEX dedicated Customer Service team – csteam7@biffa.co.uk or **0845 608 6093**, or for repeated issues contact our dedicated Biffa Account Manager, Ed Dillon: ed.dillon@biffa.co.uk

For further details or information, please contact a member of the Sustainability Department on 01788 517320.

BEING THE BEST FOR EMPLOYEES

New Easy Access To UK News



To make it even easier to access UK News each week, we've created a special QR code to bring you directly to the site.

You can print out the poster at the end of this document or download here: <http://www.cemexuknews.co.uk/downloads> and display at our sites, and then simply scan to get the latest updates!

Thank you to Julie Welch for this simple, effective idea.



Class Of 2020 Graduate.....



It was proud day for CEMEX UK Logistics to see the graduation of the 2019/2020 Apprentices who have successfully completed their nationally accredited course and LGV driving qualifications – seen here Pre COVID when they had their onboarding event.

Callum Stone, Alexander Brown, Danny Howes, Harrison Severs, Johnny Beasley, George Mintoft and Mark Woodgate are now qualified to drive our fleet Aggregate tippers and have now moved to full time driver roles at their sites – Dove Holes, Halkyn, Jarrow, Swinderby, Angerstein, Luton and Datchet.

This year saw the graduation taking place remotely online via Zoom - The Apprentices were congratulated on their high pass rates and their successful progression through the scheme.

Since starting in June last year, the group have worked closely with their mentors and buddy drivers – passing on their skills and experience and everyone has had great support from across the business. Carl Milton, Regional Logistics Manager, added: “A big well done to all the Apprentices and a big thank you to their driver mentors, driver buddy’s, managers and our framework provider, System Training, who have coached and guided them through the course.

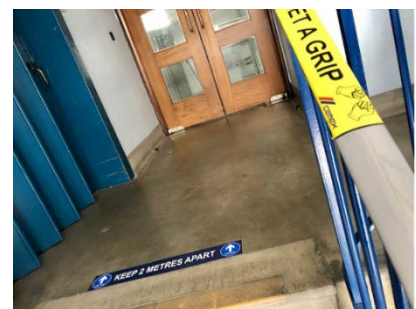
The Apprentice Scheme success is down to the great team effort and it's very rewarding to see the next generation of skilled and safe drivers entering their careers with CEMEX.”

Mannie Bains, HR Business Partner, also commented: “We are proud of the apprenticeship programme in Supply Chain and appreciate all the hard work the local teams put into supporting the Apprentices during their training at CEMEX. We wish our newly graduated apprentices all the best for their driving career at CEMEX.”

Back To Office – Update On Progress



As you may know, we have a dedicated working group looking at our main offices and ensuring they are ready for return when appropriate to do so. This is a complicated process that will take some time, but the group is making very good progress, which we wanted to share with you.



Rugby Office

- To help keep spaces clean, the first step is to remove “clutter” on all floors. This is well underway with the fourth floor (pictured) now the benchmark for all offices
- Decluttering should be finished by the middle of July
- After that, certain teams will be reallocated to other areas of the building to ensure they have a suitable space when the office reopens



- Signage is being installed to denote a one-way system and ensure people can move around safely
- Sanitisation stations and desk cleaning caddies are being added to each floor
- Perspex screens for the reception area and desks are ordered for installation by end July
- Training materials are being prepared to help everyone on new procedures when they return

Preston Brook / Stockton / Egham / Marine

- Similar plans are in place for preparing these offices for return
- Designated Managers at each of these offices are responsible for coordinating the work that needs to be done
- Decluttering is underway
- Required signage / screens and other items are on order and will be installed later this month / early August

Phase Two Offices

- Offices in 'phase two' have been identified – e.g. Sheffield, Wick, Nottingham and Fulham
- Plans are also either in place or are being prepared
- Work at Sheffield and Wick is already well underway – e.g. decluttering, reordering of desks (pictured right)



As previously communicated, employees should continue to work remotely until it is communicated otherwise by the Rapid Response Team. Considerable progress has been made on the main UK offices, but these will not be reopened until they are ready and in line with Government guidelines.

We would like to thank all employees who have been working remotely during the pandemic and continue to do so – we are able to meet customer demand currently and your hard work and commitment is appreciated. If you have any questions, please speak to your Line Manager or a member of the RRT.

Perseverance Pays Off



Congratulations, to everyone who has passed either their next section or completed their Foundation Degrees or Diploma in Mineral Extractives and Mineral extractive technology.

Kevin Cage, Operations Excellence Manager, Western Europe, commented: "From my perspective I'd like to thank you all for all the hard work and perseverance. It's not an easy course to complete

when balancing it with work and home life over three years. Between you you have earned three distinctions, a merit and a pass in the one year Diploma course – well done.

Those who have completed their Foundation Degrees are Thomas Brennan, Stephen Cuthbert, Thomas Farmer, Andrew Hogg and Stephen Morris. William Lee was awarded a University Diploma in Mineral Extractives. Many congratulations to you all."



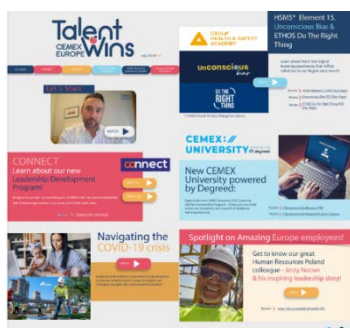
Top Of The Class



Well done to Marine Chief Engineers Rajindra (Ken) Ramdawar and Andy King who received glowing feedback from a recent F Gas Course they attended to gain a City & Guilds certificate. The trainer emailed their Team Manager, Mark Williams, to say how well they did in the course, which will equip them to serve as engineers on our new dredger, CEMEX Innovation, once it is in service.

As part of the new vessel's ECO Notation, it is a requirement that serving engineers are suitably trained in the use of AIRCON gases to ensure that they are correctly managed and controlled as there is potential to damage the environment if not. The training includes the charging of AC systems, safe recovery of such gases from the system during maintenance periods and the correct recording of the use of these gases. All such activity is audited by regulators.

Talent Development Newsletter



The new July 2020 issue of our CEMEX Europe Talent Wins Newsletter is out now!

Explore the videos and content to hear about our CEMEX Europe Talent Development stories and opportunities via SharePoint.

We are committed to promoting a [#growthmindset](#) in our company.

<https://cemex.sharepoint.com/sites/CEMEXEuropeTalentWinsNewsletter>

Swan Song For The Sand Swan.....



For those of you with long memories or have been with the company for a while, our old vessel, the Sand Swan, is off to Leith to be broken up.

Built in Liverpool in 1970 it has been laid up in Liverpool for the last decade and is now heading out on its final journey.

COVID-19 SharePoint For Employees



A dedicated Coronavirus SharePoint is available for all UK employees. It includes all updates from the UK Rapid Response Team, plus helpful documents.

Visit:

<https://cemex.sharepoint.com/sites/CoronavirusEU/SitePages/United-Kingdom.aspx>



Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
069-07-2020	Laboratory Technician	Quality & Product Technology	Selby Asphalt Plant	17/07/2020
070-07-2020	Electrician	Materials UK North	Halkyn Quarry	16/07/2020
071-07-2020	Assistant Quarry Manager	Materials UK South	Hatfield Quarry – Home Counties	17/07/2020
072-07-2020	Plant Manager	Materials UK West Midlands	Berkswell Readymix Plant	13/07/2020
073-07-2020	Plant Manager	Materials UK Midlands	Weeford Readymix Plant – Lichfield Area	13/07/2020
074-07-2020	Operative	Materials UK South East	Langley Quarry	03/08/2020
075-07-2020	Multi Skilled Operative – Primary Dayshift	Materials UK North	Dove Holes Quarry	23/07/2020

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.



GLOBAL COVID-19 ALERT

INCIDENT DETAILS

A company readymix truck driver decided to visit his mother in her home to support her, because she was ill with a high temperature and an upset stomach. Our employee spent around 1.5 hours with her before returning to his home and then to his place of work the next day. Four days later, he heard that his mother's condition had become worse and that she had been admitted to hospital with respiratory failure and other COVID-19 symptoms. Our employee was placed in quarantine and subsequently tested Positive for the virus. His health condition deteriorated in the following days and he was admitted to hospital, where sadly, he passed away just over a week later.

KEY FINDINGS

- Our employee visited his mother who was ill with COVID-19 symptoms
- Despite being quarantined, he decided to visit his mother again when she was first admitted to hospital.
- It's thought he was most likely infected when he visited his mother for the first time. He returned to work and only notified his supervisor days later when his mother was taken to hospital.
- While he was in hospital, his wife began to display symptoms and received treatment for the virus. His mother is continuing her recovery; however another close relative has since died with COVID-19 related symptoms as well.
- Our employee was also in contact with 3 other drivers while at work and one of them was subsequently found to have caught the virus as well.

MANAGERS – KEY POINTS TO CHECK

- Our Behaviors that Save Lives campaign has been communicated to all employees and contractors with regular promotion of the requirements, including the need to Identify symptoms and inform, which includes when in contact with a suspected/confirmed case.
- All the company protocols are implemented in all operations.
- The control measures are effective, and any needed improvements are timely implemented.
- All site Managers and the COVID Pandemic Coordinator have been trained in our HSMS Element 15 requirements.

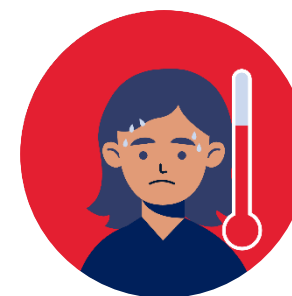
ALL PERSONNEL – ACTIONS TO TAKE

- Inform your supervisor immediately if you have developed any COVID-19 related symptoms or if you've been in contact with a confirmed/suspected case.
- Always follow the government guidelines and company requirements to keep yourself and others safe.
- If family members or close friends are ill, do not visit them.
- Always follow our 4 Key Behaviors that Save Lives, including when at work, when commuting and when at home!

Watch the Behaviors that
save lives video



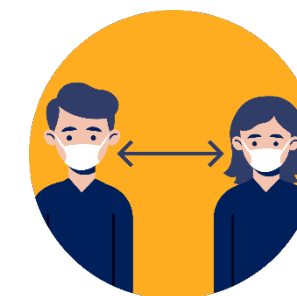
You can scan QR Code
with your mobile phone or
click on the following link:
<https://cmx.to/2CPrDjb>



Identify and
Inform



Personal
Hygiene



Physical
Distance

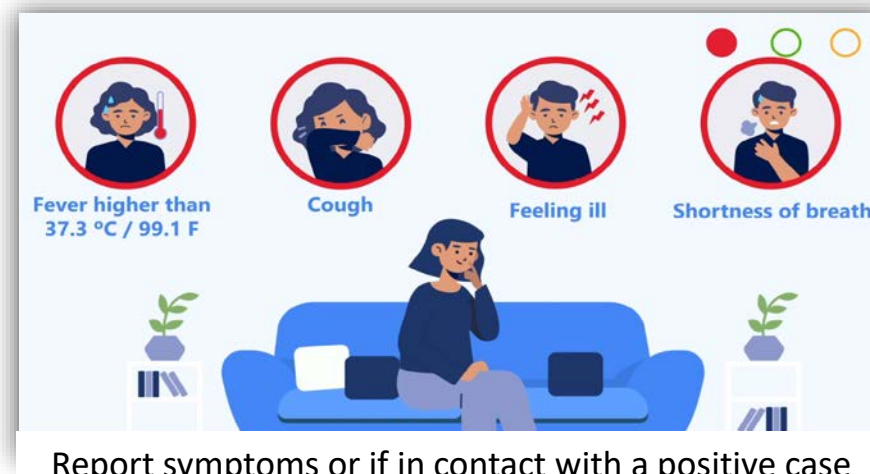


Protect Yourself
& Others

GLOBAL COVID-19 ALERT

INCIDENT DETAILS

A contractor, who worked in a concrete pumping operation, heard that a family member from another household had passed away with the COVID-19 virus, so he visited the house to directly support family members. Afterwards, he also attended the funeral service with the rest of the family. When the contractor returned to work, he didn't report the event to his supervisor, and he continued working for 4 days without displaying any symptoms himself. On the 5th day however, he began to feel weak and he asked his supervisor for permission to go home. After feeling no better the following day he visited several Doctors, because he was not confident about their conclusions or the medication being provided, and he suspected something more serious. By the following day, he had a high fever and was now experiencing breathing difficulties and two days later he was admitted to hospital. Sadly, the day after, our contractor passed away. The contractor's wife also caught the virus, but has since made a full recovery.



KEY FINDINGS

- The contractor had direct contact with his deceased family member and other members of that person's family.
- The contractor did not declare his contact with an infected person and other potentially infected people.
- The screening procedures at the site where he worked did not include a specific question at that time about declaring any contact with others that have or are suspected to have the virus.
- Improvement opportunities were identified to better influence the adoption of key behaviors by the workforce.

MANAGERS – KEY POINTS TO CHECK

- Our Behaviors that Save Lives have been effectively communicated to all employees and contractors and the requirements, which includes the need for physical distancing and how to protect yourself / others, are regularly promoted.
- People are aware of the need to place themselves in quarantine and to tell their supervisor whenever they have been in contact with others that have, or may have, the virus.
- Screening procedures include relevant questions about potential contact with others that may have the virus.
- Effective quarantine and contact tracing measures are in place at all sites.
- Our CEMEX Protocols are implemented, and regular monitoring takes place to ensure the controls remain effective.

ALL PERSONNEL – ACTIONS TO TAKE

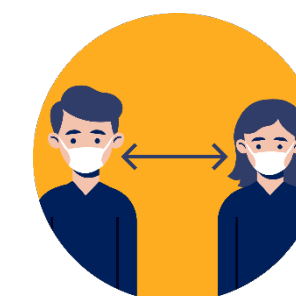
- Always follow the local restrictions for interacting and never visit anyone that has COVID-19 symptoms or anyone who has been in contact with those that have symptoms – if for some reason you suspect you have been in contact with such a person, immediately place yourself in quarantine and notify your supervisor.
- Always follow the Key Behaviors that Save Lives! This includes while at home and while commuting as well as while at work.
- Support your family and friends by promoting the importance of the Key Behaviors with them as well!



Identify and Inform



Personal Hygiene



Physical Distance



Protect yourself & Others



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The website is updated weekly – if you have a story to share please contact **gb-communicationsandpublicaffairs@cemex.com**



RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

1 Be willing to ask for help when you need it today (and always)

2 Make a list of things that you're looking forward to

3 Adopt a growth mindset. Change "I can't" into "I can't... yet"

4 Find an action you can take to overcome a problem or worry

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

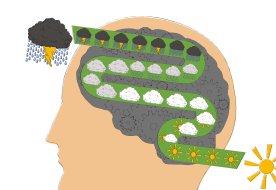
27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone. we all struggle at times



ACTION FOR HAPPINESS



actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Stay Safe This Summer

One simple mistake could impact your livelihood



If you are a CEMEX contractor or external haulier, please don't rush in the coming months. Keep your concentration at all times.

Most major and fatal accidents happen between March and August.

Protect yourself and other colleagues - don't rush, take care and stay safe.

