



Welcome to UK News 13<sup>th</sup> May 2021  
your weekly update from around CEMEX UK

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Follow us on twitter too: @CEMEX\_UK



## HEALTH & SAFETY

### Global Safety Alert



Sadly, this week there was a Global Safety Alert, which details the death of a Trainee Plant Attendant in one of our operations overseas, is particularly relevant to Cement Operations, there are learning points we can all take from it.

The Alert includes a link to a video that helps illustrate the circumstances of this tragic incident.

As you will see, the investigation identified the following shortfalls:

- The Standard Operating Procedures were not followed
- Task specific personal protective equipment (PPE) was not worn
- The Permit to Work was not issued by the correct Supervisor, or discussed with the team doing the work
- Those involved did not do a pre task risk assessment, Take 5, before this higher risk activity

It would be appreciated if all operations could review the Alert with their teams, highlighting the need to ensure people are competent for the work they are doing, or under close and effective supervision, follow the necessary safe systems of work, ensure Permit to Work procedures are robust, carry out a Take 5 assessment before carrying out relevant tasks, and always wear the correct PPE.

Please also display the Alert on relevant noticeboards. This can be found at the bottom of this document or in the download section of the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)

CEMEX Global Protocols require all Fatal Alerts to be communicated and Managers to capture the signature of employees and contractors to confirm they have received and understood the information and the control measures they need to adopt. In addition, operations are invited to observe a one minute silence in memory of the deceased at the time of discussing a Fatal Incident Safety Alert.

Before starting any new task always **STOP**, **THINK...& CHECK** it is safe, and always **STEP IN** if you see anything unsafe.

## Let There Be Light - Supply Chain Safety Improvements



Continuing on from last week we have a selection of Health & Safety improvements from the Supply Chain team to share with you. Everyone is striving for Zero harm and our continual improvements ensure we stay safe.

Thank you to everyone involved in these initiatives:

Trials have begun to test the new FHOSS HALO Exclusion Zone, which has been developed for our employees, contractors, visitors and members of the public to clearly identify exclusion zones around mobile plant and HGVs.

The loading shovels at Hatfield and Wembley have been installed with a 7-Lamp system which covers both sides and the rear. These are mounted high off the ground but still give clear visibility of the exclusion zone in the dark or poor visibility conditions. The lamps create a red exclusion zone on the floor that can be adjusted to allow an exclusion zone range of between 1 – 5 metres.

Benefits:

- Work zone identified giving advanced warning to employees.
- When employees have their ear defenders on or are staring at the ground etc it provides an additional warning device.
- There is no glare off the light system.
- At night or in dark conditions it is a highly visible device.
- It is particularly useful on tight sites with a high number of vehicle movements to provide additional measures to prevent pedestrians entering dangerous zones.

The trials so far have promoted a lot of Health and Safety discussions and the lights appear to deter pedestrians from entering the loading shovel's working area on the Readymix plant we have tested it on.

At present we have fitted seven Readymix trucks in London and a few pieces of mobile equipment as part of a growing pilot. We will also be installing the system on one tanker very soon.

Well done to Christian Vale for bringing the concept to our attention, and to Jason Aked for his support with this trial.

Next steps are to gather feedback from our drivers, contractors and importantly from vulnerable road users including cyclists, and to also expand the pilot to France (with the warning sign changed to 'attention' and switched to the right hand side of the rear!).

## An Epic 12 Years LTI Free for Kensworth Quarry



Massive congratulations to Colin Wilkins, Quarry Co-Ordinator, and the team at Kensworth quarry, who recently reached 4,383 days or 12 years LTI free on 30<sup>th</sup> April.

This is a fantastic achievement – well done to everyone over the 12 years who has kept themselves and each other safe day in day out.



## Two Safety Alerts



Last week Andy Taylor issued two Safety Alerts, the first, while not related to CEMEX operations, details the tragic death of a Paramedic when his ambulance was struck by a rock that was ejected from between the twin wheels of an aggregate tipper truck; the Paramedic had come out of retirement at the start of the year to help during the COVID pandemic and only had four shifts left before going back into retirement. The Alert explains the importance of suitable loading and discharge areas, while also stressing the importance of vehicle inspections and the need for rocks to only be removed from between tyres by a competent tyre fitter.



The second Alert outlines a restricted work injury suffered by a Technician when concrete splashed behind his glasses and into his eye, while he was sampling concrete. Key learning points in the Alert include the need to STOP & THINK before starting a new task, to ensure we stay out of the line of fire, and the need for suitable personal protective equipment when considering the potential hazards.

Please review the Alerts as appropriate with your teams, reminding them in particular of the need to Take 5 before relevant tasks, and the importance of vehicle inspections.

Please also display the Alert on noticeboards. They can be found at the end of this document or in the download section of the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)

Health & Safety information and resources can be found at the following location:  
<https://cemex.sharepoint.com/sites/UKHealthandSafety/SitePages/Safety-Alerts.aspx?web=1>

## You Are What You Eat.....



Small diet changes can make big difference to your health. Your body is like a finely tuned car, if you put in rubbish fuel in you will get a rubbish performance.

CEMEX is focusing on healthy eating this quarter and has produced a poster to help promote taking some time to love your body and take care of your nutrition. Taking some time to really look at what you eat and making some adjustments can improve your health and happiness.

Changes suggested include eating salad every day, eating whole grain food, drinking enough water each day, reducing your salt intake or eating less processed food.

Please print the poster and put it on a noticeboard near you. It can be found at the end of this document or in the download section of the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)

Apps such as My Fitness Pal can help you monitor your food intake and nutrition if you need a hand as well.



## Mental Health Awareness Week



This week is Mental Health Awareness Week and this year's theme is nature.

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago.

Each year the Foundation continues to set the theme, organise and host the Week. The event has grown to become one of the biggest awareness weeks across the UK and globally.

Mental Health Awareness Week is open to everyone. It is all about starting conversations about mental health and the things in our daily lives that can affect it. This year we want as many people as possible – individuals, communities and governments – to think about connecting with nature and how nature can improve our mental health.

However, the Week is also a chance to talk about any aspect of mental health that people want to – regardless of the theme. The Week is an opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice.

This year we want people to notice nature and try to make a habit of connecting to the nature every day. Stop to listen to the birdsong, smell the freshly cut grass, take care of a house plant, notice any trees, flowers or animals nearby. Take a moment to appreciate these connections.

We also want people to share images/videos/or just sound recordings of the nature on your doorstep (and how this made you feel) on social media using #ConnectWithNature and #MentalHealthAwarenessWeek

The theme was chosen because being in nature is known to be an effective way of tackling mental health problems and of protecting our wellbeing.



## CUSTOMER CENTRICITY

### Team York have their Speedos on!



Well done to James Sykes, Plant Manager, and the team at York for being quick out the blocks last week, delivering to one of our new sites just on the outskirts of York Centre.

They provided 15m<sup>3</sup>+ for this small slab, for a new customer, providing it on two trucks meaning a safe and fast turn-around to get the job complete.



## A Pour with a View



Sometimes our drivers get to see the best views on their way to a job!

Thanks to Tony Coleman for posting this image of beautiful Yorkshire, near Richmond, where we delivered some flowing screed to a customer.

## “VIALOW” Asphalt Launched - A CarbonNeutral® Product



CEMEX is proud to present VIALOW, a new addition to the VERTUA family of low carbon and sustainable building solutions. VIALOW is a reduced carbon asphalt which comes with the option to offset residual CO<sub>2</sub> to make it a CarbonNeutral® product, in accordance with The CarbonNeutral Protocol.

VIALOW is a new range of low temperature, low carbon asphalts from CEMEX, which uses a specially formulated bitumen additive to enable manufacture at up to 40°C lower than standard asphalt mixes with no compromise in performance, with the added benefit of achieving up to 20% reduction in embodied carbon emissions.

The range includes the VIALOW Zero option, which is a CarbonNeutral product, and complements the CEMEX VERTUA range of low carbon building solutions, further enhancing CEMEX's Future In Action strategy – committed to Net Zero CO<sub>2</sub>. As technology and the industry shifts toward low carbon asphalt, the best interim way to sequester the rest of the CO<sub>2</sub> footprint, to make it a carbon neutral product, is through carbon offsetting. To do this we are working with Natural Capital Partners, an award-winning expert on carbon neutrality and climate finance, that is harnessing the power of business to create a more sustainable world.

VIALOW offers customers a host of other benefits alongside its sustainability credentials. The lower temperature of the manufacturing process can also help to improve the long-term performance and durability of the asphalt.

Reduced temperature asphalt also offers safety and environmental benefits which include a reduced risk of burns and lower odours.

VIALOW allows the re-opening of a jobsite more quickly after completion of road works, as the asphalt reaches appropriate trafficking temperatures faster than conventional hot mix asphalt. This offers further benefits to the environment, as statistics show that stationary traffic caused by road closures creates four times as many pollutants when compared to moving vehicles.

The launch of this range follows a report from the All Party Parliamentary Group (APPG) on Highways which identified warm mix asphalts (WMA) as an underutilised opportunity to reduce the CO<sub>2</sub> emissions associated with asphalt production for road infrastructure. At the time of publishing, the report found



that if all asphalt production in Great Britain had been switched to WMA, it would have saved at least 61,000 tonnes of CO<sub>2</sub> – the equivalent of cutting almost 300 million miles of car journeys.

Carl Platt, Director of Asphalt, Paving, and Building Products for Europe, commented: “Asphalt is an essential part of our country’s infrastructure. However, we recognise that future construction needs to be balanced with the effect it is having on the environment.

With the launch of VIALOW, CEMEX aims to make it simple for customers to choose more sustainable and environmentally-friendly asphalts that have a lower embodied carbon, offset residual emissions and help drive vital change.”

CEMEX Urbanisation Solutions is constantly innovating to provide customers with a broad range of sustainable solutions for the challenges of urbanisation, with a central focus at all times on our Future In Action strategy – committed to Net Zero CO<sub>2</sub>.

For more information about VIALOW visit: <https://www.cemex.co.uk/vialow>



## PROFITABILITY

### Three Times a Charm for Attercliffe



Well done to the team at Attercliffe Railhead for achieving 30,000 tonnes for three months in a row.

Mark Grimshaw-Smith said: “Thank you to Steve Taylor and your team for the great work in pulling these volumes through consistently and safely on a challenging site. Great work!”

### 2021 Smart Innovation Challenge Kicks Off



We are officially kicking off 2021 Smart Innovation Challenge!

Your idea might be a new business model, service, product or any type of a solution you and CEMEX are looking for!

In EMEA we’d like to primarily focus on solutions:

- moving a needle in achieving our climate action targets
- addressing the needs of cities of the future
- radically improving our efficiency and helping us to work smarter

Share your idea and be part of the global competition!

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



More information and useful materials will be shared in the following weeks. To keep yourself updated, please follow [EMEAA's Yammer](#) channel.



## FUTURE IN ACTION

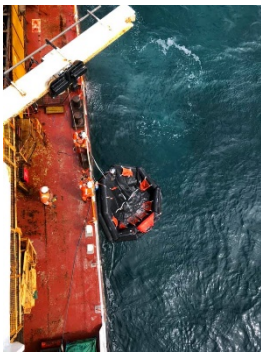
### Half Term STEM Madness



The Cambridge Science Centre, our community STEM partner, are pleased to announce that they are re-opening this half term with a bonanza of workshops and activities for children.

They are actual events at the centre and need to be pre-booked via their website: [www.cambridgesciencecentre.org](http://www.cambridgesciencecentre.org)

### Sea Rescue



Peter Dixon reported this story from our Marine team...

Whilst on passage from St. Catherines to Clubbs, the Sand Fulmar was requested by Gris-Nez MRCC to investigate a possible sighting of a life-raft in the English Channel. Bob Hepplethwaite spotted it at quite a range and Ian Mackay organised the recovery. Thankfully the raft was unoccupied, and the crew assumed it was lost from a vessel and not reported.

The Fulmar continued on passage with no lost time. It was a useful exercise for all onboard and a valuable assistance to remove a hazard to shipping.

Details of the raft have been passed to Gris-Nez and the UK Coastguard to help find its rightful owner.



## EMPLOYEES

### Long Service Congratulations



Well done and thank you to the following people for reaching a long service milestone. We appreciate all your contributions and hard work over the years:

- Robert House, Health and Safety Advisor at Oldbury, 25 years.
- Kendall Linch, Cement Miller at Tilbury, 15 years.
- Brian Atherton, Mechanical Shift Technician, Rugby cement plant, 15 years.
- Charlie Stanford, National Fleet Liaison Manager at Flixton, 15 years.



## UK News New Look....



UK News has had a spruce up! We've updated the site to provide better functionality and align the categories to our global strategic priorities.

We've also given it a design refresh in line with our brand colours and wider identity.

We hope you like the new look colours, titles and icons – go and have a look at the new website as well – [www.cemexuknews.co.uk](http://www.cemexuknews.co.uk)

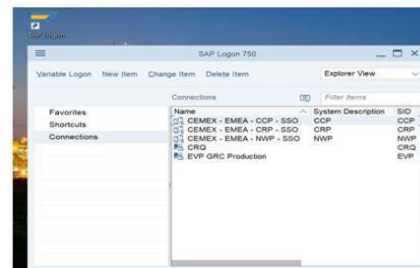
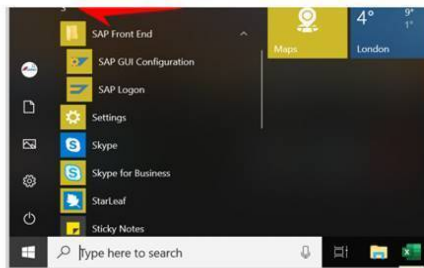
## Update from UK Process and IT Team



As communicated previously in April we will be changing the way you access SAP CRP and **from 23<sup>rd</sup> May the SAP Logon Page will no longer be available for accessing the CRP system.**

Instead of using the SAP Web page (<http://saplogon.cemex.com/irj/portal>) you will instead need to use the SAP Logon Pad application and select the CRP Client. If you don't already have this on your desktop the program can be found under the Window application menu on your PC.

Here you can see the SAP Logon Pad program and then when the Logon application is executed you can see the CRP client.



If your SAP Logon PAD shows version 740 rather than 750 please contact the GSC to have this updated.

In case the CRP Client does not show in your SAP Logon 750 PAD then please follow the instructions found in the document link to add the CRP client manually: <https://bit.ly/3xXUHXf>

The GSC ([gsc.europe@cemex.com](mailto:gsc.europe@cemex.com) and 0800 783 1603) are able to help with any problems.





## CEMEX Cycle To Work Scheme – Last Chance!



Are you considering a healthier, more sustainable way of travelling? If so, then CEMEX Cycle to Work scheme may be just what you are looking for! We are delighted to announce that there will be an opportunity for you to sign up for the Tax-Free Bike Scheme, which will be run in conjunction with our partner Sodexo Motivation Solutions Ltd and Cycle2Work. The scheme is open for a limited time – from 19<sup>th</sup> April -14<sup>th</sup> May 2020 so it is well worth taking advantage of it now.

### **What is a tax free bike (Cycle to Work) scheme?**

Cycle to work is a government initiative that was introduced in 2001 to encourage more people to commute to and from work by bike, enabling people to make healthier choices and reducing the UK's carbon footprint.

The initiative also allows you to make huge Tax and National Insurance savings on the cost of a new bike and safety accessories. These savings are achieved via salary sacrifice which is managed by your employer and lets you spread the cost to make payments more convenient!

### **Where can I redeem my Letter of Collection?**

Cycle2Work is supported by a wide range of specialist bike dealers, catering to everyone regardless of their needs, budget, location or journey to work! This includes:

cycle2work

halfords

cycle  
republic

tredz

Independent  
Bike Shops

What's more, you can also benefit from regular discount offers at Halfords, Tredz or Cycle Republic – saving you even more on your perfect bike and accessories!

Staff will be able to apply online by going to [www.cemexlifestyle.co.uk](http://www.cemexlifestyle.co.uk) or by calling **01908 303498**

### **How to apply?**

For further information on how to apply for the scheme please go to the download section of the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)

## Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
106-05-2021	UK Geological Services Manager	Materials UK	Rugby Office	20/05/2021
107-05-2021	Chemical Laboratory Analyst	Cement UK Operations	Rugby Plant	14/05/2021



109-05-2021	Transport Planner	Materials UK North	Preston Brook Office	14/05/2021
110-05-2021	Transport Planner	Materials UK Home Counties	Luton Office	14/05/2021
111-05-2021	Relief Plant Manager	Materials UK Midlands	Midland/South West	14/05/2021
03-01-2021	Plant Manager	Materials UK Midlands	Weeford Concrete Plant Sutton Coldfield	24/05/2021
81-04-2021	Readymix Plant Manager	Materials UK Midlands	Cannock	24/05/2021
112-05-2021	Plant Manager	Urbanisation Solutions	Birmingham (Doris Road)	25/05/2021
113-05-2021	Health and Safety Advisor	UK Services	Midlands	26/05/2021
114-05-2021	Mechanical Maintainer Operator	Cement	Rugby Plant	20/05/2021

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.

**Employee Assistance Programme**

Free, confidential support and counselling available for all employees

If you're worried about a work, family or personal issue then the Employee Assistance Programme can help, 24/7.

Support with everything from consumer rights to bereavement, depression & anxiety to childcare.

Visit [www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk) (username: cemex / password: cemex) or call 0808 1682143

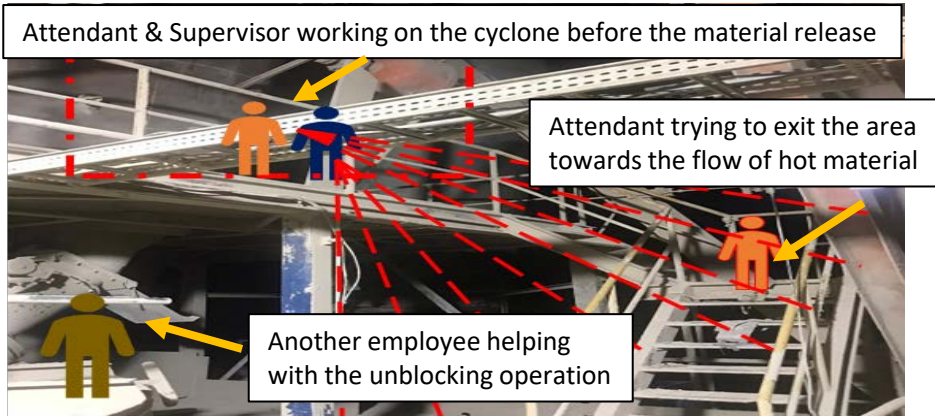


# GLOBAL SAFETY ALERT

## EMPLOYEE FATALLY INJURED BY HOT MATERIAL

### INCIDENT DETAILS

A supervisor and a trainee plant attendant were injured while trying to clear a cyclone blockage in the Preheater tower at a cement plant. They were using Cardox tubes (CO2 charges) to clear the blockage when suddenly hot raw meal burst out of the cyclone. The area quickly became covered in dust and there was a lack of visibility. Despite the supervisor encouraging the attendant to stay with him, he decided to quickly evacuate the area using the stairs and became covered by a plume of hot material. He was treated by first aiders until an ambulance arrived to take him to hospital. Sadly, he passed away the next day.



Attendant & Supervisor working on the cyclone before the material release

Attendant trying to exit the area towards the flow of hot material

Another employee helping with the unblocking operation

To see video : scan QR code or access via this [URL Link](#) . QR code / URL is only accessible to people with a valid CEMEX Microsoft 365 account.

### KEY FINDINGS

- The team who were unblocking the cyclone did not follow the safe operating procedure for the task, which included the need to wear full specialized PPE for high temperatures.
- There was no evidence that a Take 5 assessment was performed prior to the task although all employees involved in the incident received proper training including Cardox safety, Take 5, Risk assessment and Clearing hot material blockages.
- The permit to work was created and signed by the control room operator, not the Supervisor. Also, the people working on the task were not briefed about the permit and requirements.
- There was an external repair to the cyclone wall (concrete box) that ruptured during the material release causing hot material to come out through it and the Cardox ports that had been left open by error
- The cyclone had been partially blocked for several hours and based on the type of blockage the kiln feed should have been stopped to clear the blockage.
- The kiln did not have safety interlocks that would have stopped the kiln feed in the event of a blockage.

10<sup>th</sup> May 2021

SA 2021 / 1

### MANAGERS – KEY POINTS TO CHECK

- Cyclone unblocking and Preheater tower (PHT) cleaning activities are planned, assessed and all safety requirements are strictly enforced, including the use of the correct high temperature PPE.
- Permits to work are authorized by the job supervisor involving all team members and reviewed at the job prior to commencing the work to ensure the control measures are in place and followed.
- External temporary repairs in cyclones and other associated vessels are constantly monitored for integrity, including temperature checks and any issues are resolved immediately if there's a risk of potential failure.
- There are robust systems in place to clarify when the process should be stopped and how to safely stop it in the event of a serious cyclone blockage.
- Risk assessments are reviewed and Take 5 assessments are monitored, especially prior to higher risk activities.
- There are automatic safety interlocks that will stop the kiln process in the presence of a serious cyclone blockage

### ALL PERSONNEL – ACTION TO TAKE

- Always use the full specialized high temperature PPE (high temperature suits, gloves and boots, fire retardant balaclavas, hoods, etc.) when working with cyclones and other areas of the plant where there is any potential of hot material being released.
- Always participate In the permit to work process to ensure you are familiar with the risks and control measures for the task you will be carrying out.
- Ensure you are trained and certified for work in the PHT and for clearing/unblocking cyclones etc.
- Report unsafe conditions and behaviours to your supervisor and through the use of the NM/HA.
- Always carry out your Take 5 assessment before starting any task!



Personal Protective Equipment



Safe Systems



Tools / Equipment



Incident/ Hazard Alert



Look after yourself and each other

# SAFETY ALERT

UK SA02/2021 – 10.05.21

Display Until  
25.06.21



## Driving



Drive safely, ensure you are authorised and that vehicles/mobile plant are well maintained.

## Tools and Equipment



Use the right, well maintained, tools/ equipment for the job. Never make do.

## Safe Systems



Follow safe systems of work, site rules, signage and traffic signals.



## Safety Checks

Carry out your vehicle checks before driving and make sure your load is stable and secure.



## Remember

– Your family depends on you.  
So drive to arrive safely at all times!



STOP THINK ACT

## Paramedic killed in ‘tragic incident’ by a rock which was ejected from a passing truck

### DETAILS OF THE INCIDENT

A paramedic was in the front passenger seat of an ambulance responding to a 999 call when he was killed in a tragic incident. Police believe a rock was ejected from the wheels of a passing tipper truck before it smashed into the windscreen. Although the full details of this incident are still being investigated, it is believed the rock had been lodged between the dual wheels of an articulated lorry and flicked up as the ambulance was passing in the opposite direction. The paramedic had come back from retirement in January to help out his colleagues during the pandemic and had only four shifts left to do before retiring for good.

Back in 2009, a driver of a regular CEMEX contractor was killed in a lay-by after using a hammer and chisel to remove debris from between the truck's wheels. The 51-year-old lorry driver died from chest injuries after he was thrown into the air by the force of the tyre explosion.

Neither of the above incidents involved vehicles working for CEMEX at the time.



### KEY LEARNING POINTS

- Removal of trapped rocks/objects from between tyres can be hazardous and therefore should be carried out by an experienced tyre specialist. This can be carried out by either deflating the tyres or removing the wheel.

### KEY REVIEW POINTS

- Ensure that hardstanding surfaces provided on site for vehicle loading are compacted and blinded
- Reiterate the need for drivers to visually check tyres for foreign objects as part of their pre-start vehicle checks
- It may be difficult to spot rocks trapped between tyres depending on their position but nevertheless, visual inspections are an important control measure and should be carried out throughout the working day where safe to do so. This should not be carried out in areas where pedestrians are prohibited, or where drivers must remain in the cab i.e. during loading in the quarry.

# SAFETY ALERT

UK SA03/2021 – 10.05.21

Display Until  
25.06.21



## EYE INJURY – CONCRETE SAMPLING

### DETAILS OF THE INCIDENT

Following the foaming operation to produce our foamed concrete product, Porofam, a second sample was required in order to confirm the density of the material, this is not a usual occurrence.

The Technician's usual wheelbarrow for sampling had previously been used for the same load and was full of material. Therefore a bucket was positioned beneath the truckmixer chute in order to take the sample, extensions were not added to the chute.

The driver was unaware of the flowing nature of the material and, when operating the discharge controls, the concrete poured rapidly into the bucket. Due to the Technician's positioning, he was in the line of fire and concrete splashed into his face, getting behind his safety glasses.

The site team responded quickly and after consulting COSHH documentation drove the Technician to a local hospital. The Technician suffered a scratched eye, which resulted in him having to carry out restricted work duties for a short period.



### KEY FINDINGS

- Incorrect equipment used for sampling.
- Technician positioned in line of fire.
- To reduce interactions during the pandemic sampling procedures were changed, this change resulted in alterations to usual working practices.
- Driver was unaware of product properties.

### HOW COULD THIS HAVE BEEN AVOIDED?

- Carry out point of work risk assessment (e.g. Take 5) before a task and whenever a change occurs
- Fully inform others in working area of potential hazards
- Select correct PPE for task. Goggles may be more appropriate than safety glasses for some tasks.

### KEY REVIEW POINTS

- Ensure risk assessments are up to date and fully consider hazards / changes to work practices.
- Have all relevant personnel been trained in pre task / personal risk assessments and they are carried out effectively and in accordance with the guidelines?
- Do covid-19 protocols require management of change?
- Do you know where site COSHH assessments are held?
- Consider 'line of fire'.

**Look after yourself  
and each other**



Don't let anyone act unsafely, always stop unsafe practices.

**Personal Protective  
Equipment**



Always wear the correct PPE.

**Tools and Equipment**



Use the right, well maintained, tools/  
equipment for the job. Never make do.

**Safe Systems**



Follow safe systems of work, site rules,  
signage and traffic signals.



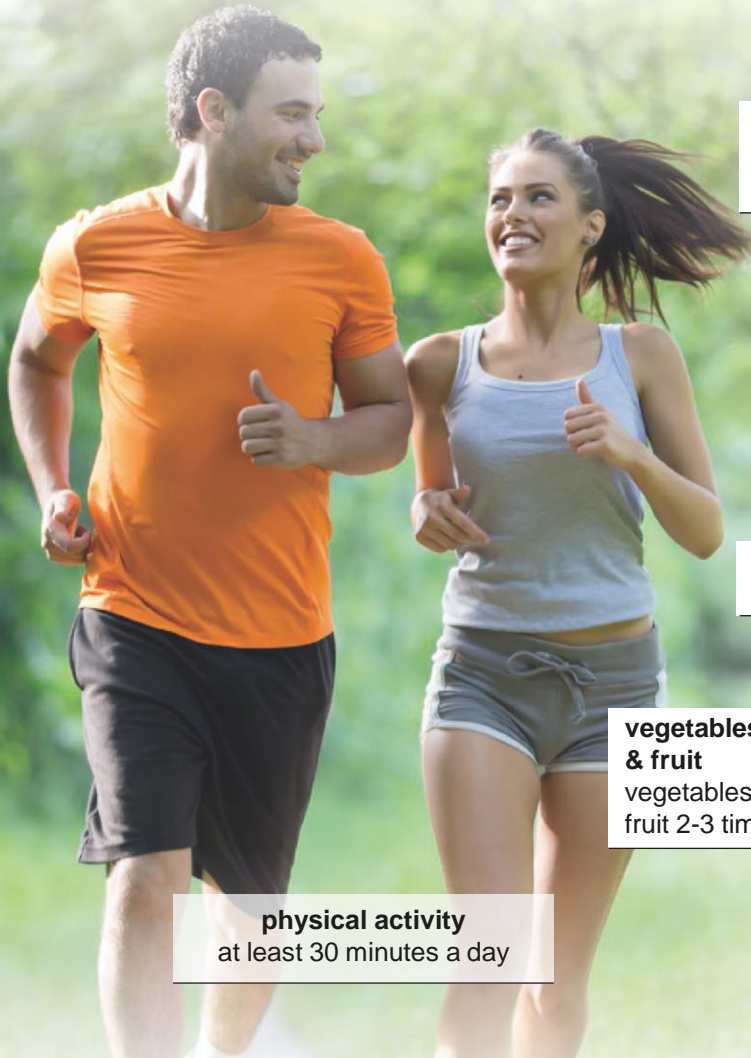
**STOP THINK ACT**



# NUTRITION CAMPAIGN

Use dietary choices to reduce the risk of disease

## Take care of your health with us!



**red meat, butter**  
maximum 0,5 kg of red meat per week



**white bread, rice, pasta, sugar**  
use sparingly



**dairy**  
2 glasses of milk, kefir or natural yogurt per day

**nuts, seeds, beans & tofu**



**fish, poultry, eggs**  
fish 2-6 times a week  
one egg a day

**vegetables & fruit**  
vegetables 4-5 times a day  
fruit 2-3 times a day



**whole grain products**  
should be the majority of meals  
3-5 times a day

**physical activity**  
at least 30 minutes a day

**healthy fats/oils**

## 12 SMALL STEPS FOR BETTER NUTRITION

### week 1

Eat a salad everyday

### week 2

Prepare Healthy, plant-based recipes at home

### week 3

Add fermented foods

### week 4

Improve Hydration

### week 5

Swap 1 or 2 Processed Foods for Whole Foods

### week 6

Start replacing grain products with vegetables

### week 7

Switch Your Oils and Fats

### week 8

Reduce your Salt Intake

### week 9

Make healthy snacks yourself

### week 10

Swap your Sugars

### week 11

Up Your Fibre Intake

### week 12

Build a better breakfast

## FACTS

### WEIGHT LOSS IS NOT EASY

It requires consistency, self-love, hard work, and patience.

### OMEGA-3 FATS ARE CRUCIAL AND MOST PEOPLE DON'T GET ENOUGH

Omega-3 fatty acids are extremely important for the proper functioning of the human body.

### THERE IS NO PERFECT DIET FOR EVERYONE

People are all unique. Subtle differences in genetics, body type, physical activity and environment can affect which type of diet you should follow.

## MYTHS

### WHITE POTATOES ARE UNHEALTHY

White potatoes are an excellent source of many nutrients, including potassium, and vitamin C.

### ALL SMOOTHIES AND JUICES ARE HEALTHY

Most juices and smoothies sold at stores are loaded with sugar and calories.

### YOU HAVE TO BE SKINNY TO BE HEALTHY

Just eating a nutritious diet and having an active lifestyle is a big step.