



UK NEWS



Welcome to UK News 3 February 2022
your weekly update from around CEMEX UK
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HEALTH & SAFETY

Enter the CEMEX Global Health & Safety Awards



The CEMEX Global Health & Safety Awards competition for performance during 2021 is now open.



In addition to the Sector Awards, there is an opportunity for local teams across the operations to gain recognition for health and wellbeing activities, and contractor management via the following additional award categories:

- The 'Fit4Life Contribution Awards' for Health and Wellbeing activities, which includes the opportunity to submit COVID-19 innovative protection/prevention practices.
- Contractor Management Good Practices.

Entry is easy – complete a very simple single slide submission and then upload to the 2021 Global Health & Safety Awards Site (click [here](#)) by the closing date of Tuesday 15th February.

More details and example entries can be found at the end of this document and in the download section of UK News website: www.cemexuknews.co.uk/downloads

This is a great opportunity for teams to share their good practices and gain some recognition – give it a go!

5S Focus Week Prize Winners Announced



The first '5S FOCUS WEEK' ran across West Europe Materials last December with a wide range of improvements submitted from both Readymix and Aggregates.

A video showcasing the winning sites can be watched via the link below:



<https://web.microsoftstream.com/video/4290f55f-7b68-407f-bb89-451c63b8601e>

In the UK, the winners were as follows:

1st Place: Raynes quarry – 5S of medical equipment and first aid supplies.

2nd Place: Berkswell quarry – 5S of welfare facilities.

3rd Place: Midlands Readymix – a wide variety of 5S improvements at multiple sites in the area.

Honourable mentions:

- Gorton Readymix
- Rugeley quarry
- Altrincham Readymix
- Moreton Valance Readymix

Adam Leverett commented: “Thank you again to ALL the sites who took part! We had a really hard job choosing the winners, and we really appreciate all the effort that went into all your submissions during what was very busy time for you all. You will be seeing more focus on 5S throughout the year as part of our EMEA Housekeeping & 5S Improvement Plan, so please do keep sustaining the work you have done, and why not start on a second area of the site during the next quarter...”

Are you on top of the Highway Code Changes?



On Saturday 29th January, a number of changes to the Highway Code came into effect.

One of the most significant changes was to introduce a ‘hierarchy of road users’ based on vulnerability. This will ensure that people who can cause the most harm in a collision, such as those in vehicles, bear the greatest responsibility to reduce the danger they may pose to others. It will also be required for drivers to give way to pedestrians waiting to cross the road at junctions, not only those already doing so.

The changes mean that a lorry driver will have a greater responsibility to those driving a car or motorcycle, and likewise people cycling would have a greater responsibility than pedestrians. The hierarchy will be, in order of priority: pedestrians; cyclists; horse riders; motorcyclists; cars/taxis; vans/minibuses, with large passenger and heavy goods vehicles at the bottom.

As you may remember, we previously publicised these changes to the Highway Code as part of Road Safety Week in November.

CEMEX has supported the MPA with content for a Bulletin Update which summarises all the key changes to the Highway code – this Bulletin Update can be found at the end of this document and in the download section of UK News website: www.cemexuknews.co.uk/downloads



Use of Electric Hand Dryers Reinstated



As you know, all sites were previously asked to isolate electric hand dryers and instead provide disposable hand towels as part of efforts to prevent the spread of Coronavirus.

Following consultation with the Health & Safety team and the Chair of the UK RRT, a decision has been made that electric hand dryers can now be used again at our sites.

Please speak to the Health & Safety team if you have any questions.

Changes to International Travel Rules



Further easing of the requirements around international travel have been announced.

For arrivals into England from 4am 11th February:

- If you are fully vaccinated, you will not need to take a COVID-19 test before you travel to England or after you arrive and you will not need to quarantine when you arrive.
- However, if you are not fully vaccinated, you will need to:
 - show proof of a negative COVID-19 test – to be taken in the two days before you travel to England.
 - book and pay for a COVID-19 PCR test – to be taken after you arrive in England.
 - You will need to book the PCR test before you travel.
 - You will not need to quarantine unless the result of the PCR test is positive.
- Everyone arriving into England must still complete a passenger locator form before you travel to England, whether you qualify as fully vaccinated or not.

For more information about arriving into England, visit [here](#).

We know that some employees will be planning trips overseas, particularly as we approach the half term break. Please ensure you are aware of all the requirements for the country you are visiting.

In particular, we wanted to highlight that Spain still has strict vaccination rules in place for travel, which also apply to children of a certain age; those aged 12 and over must have had two doses or more of a COVID-19 vaccine in order to visit the country from the UK.

For more information, visit [here](#).



Be a Friend in February



Spending time with existing friends, or making new ones, can help us feel more positive and engaged. This month's happiness calendar is 'Friendly February'.

Feel free to print it out and stick it on your noticeboard at work or on your fridge at home and challenge yourself to do each day's suggestion.

You can find the calendar at the end of this document and in the download section of UK News website:
www.cemexuknews.co.uk/downloads.

You can also download a copy from this website: www.actionforhappiness.org



CUSTOMER CENTRICITY

High Standards for a Large Pour



Thanks to Martin Simons for sharing this photo on LinkedIn of day four of five of supplying our valued customer, ABS Brymars, at Frontier Park Blackburn.

306m3 has been supplied each day from CEMEX Blackburn.

Martin commented: “Service and communication is key to a successful programme, and we always strive to go above and beyond for our customers.”

Danny Roberts added: “Servicing large pours of this size can be challenging, and credit to Martin and the team for their excellent planning.”

Superior Customer Experience Award – Panelists Announced



Join the ceremony where the EMEA regional winners of the Superior Customer Experience Award will be announced.

When: 16th February, 10am UK time

The President of EMEA, Sergio Menendez will announce winners in the following categories:

- Customer Voice Awards (NPS)
- CEMEX Go Awards
- Best Initiative Implemented



The ceremony will be followed by a debate: Pursuing Superior Customer Experience In CEMEX

With attendance from heads of crucial CEMEX areas, including Craig Williamson, UK Commercial Director for Cement.

Other panelists include:

- Florence Boutmy, Director of Northern Materials, France
- Rafael Augusto Villalona Gonzalez, Country Director, UAE
- Lubos Merunka, Director of Materials, Czech Republic

Use [this link](#) to join the meeting.



FUTURE IN ACTION

Meeting with MP Greg Hands



Director of Public Affairs, Martin Casey, this week joined a small delegation from the Aldersgate Group at a meeting with MP Greg Hands, the Minister of State for Energy, Clean Growth and Climate Change, held at the Department for Business, Energy & Industrial Strategy.

Aldersgate Group published the two reports towards the end of last year on industrial decarbonisation – CEMEX contributed to both. The aim was to inform Hands and his officials about the main points of the reports and the consequent policy asks.

One of the reports was on 'Accelerating the decarbonisation of industrial clusters and dispersed sites (done with Frontier Economics)' and the other 'Delivering competitive industrial electricity prices in an era of transition (done with UCL)'.

The main focus is how to deliver a net zero target whilst remaining competitive.

The points that Martin raised were focused on:

- policy needs for carbon capture use and storage (CCUS) for dispersed sites like Rugby
- electricity costs related to market structure (non- commodity costs i.e., not the current gas price) and the need to address them
- the need for an UK carbon border adjustment mechanism (CBAM) especially if the EU introduce one.

The Minister Greg Hands MP knows CEMEX well and a few years ago visited our Fulham Plant which is in his constituency and even batched some concrete!



Recycling Guidance for Employees



Did you know that many supermarkets (Tesco, Sainsbury, Co-op included) now allow householders to return soft plastics rather than disposing of them in general household waste?

Recycle Now shares useful details about what plastics can be returned to stores for recycling, and what locations they can be dropped off at.

For instance, you can return breakfast cereal liners, bubble wrap, delivery bags, multi-pack wrapping, and much more!

This is an easy way that we can all make a huge difference – imagine how many thousands of tonnes of plastics we could stop from entering waste streams if we each started returning these soft plastic items to participating stores!

Find out more, and search for locations near you, at: <https://www.recyclenow.com/what-to-do-with/plastic-film>

(Thanks to Craig Williamson for the tip!)

Support the Philippines: Typhoon Odette



On 16th December 2021, Typhoon “Odette” made landfall in the Philippines. This disaster affected over four million people, including our colleagues and their families, with floods, displacement, and the lack of access to public services.

Today, CEMEX continues to work locally to support our people and the communities most affected. We invite you to donate through CEMEX UNITE. Your contribution will aid families to recover from this catastrophic tropical cyclone.

Donate [here](#)

For every dollar you donate, CEMEX will donate another. Funds raised will support recovery activities through [Philippine Business for Social Progress](#), the largest business-led NGO contributing to sustainable development and poverty reduction.

Your donation contributes to building a better future.

If you have any questions, please contact the Social Impact team.



'Beaver Dating Agency' Proves a Success



The BBC has shared some lovely footage of beavers making themselves at home at Willington Nature Reserve, which is a former RMC site and next to Willington quarry.

The dam-building rodents were filmed grooming each other and gnawing trees at Willington Wetlands, where they were released last year. This site is now also home to the rare Willow Tit bird.

Watch the video and read more [here](#).

(Image from Wildlife Trust)

CEMEX Charity Partnerships 2021 Achievements – STOLL



CEMEX UK's key partnerships in 2021 included the Cambridge Science Centre, PAN Intercultural Arts, Macready Theatre and through these partnerships the organisation was able to reach over 90,000 community partners around the United Kingdom.

We wanted to share the key achievements for these partnerships over the last 12 months and this week will look at STOLL – Veteran Nomination Scheme.

Assisting veterans in finding long term sustainable housing has been identified as one of the most important aspects in aiding their transition to civilian life. In 2021, through the CEMEX partnership, STOLL assisted 180 veterans to find homes.

This included:

- Finding homes for veterans in close proximity to their social networks
- Support for skills development and employment
- Peer support to deal with mental health issues

Having a home enables the veterans to focus on other productive areas of their lives such as staying healthy both mentally and physically, maintaining relationships and moving on to seek employment.

To find out more about STOLL, visit: <https://www.stoll.org.uk/>

CEMEX Invests in Breakthrough Clean Hydrogen Technology



CEMEX and CEMEX Ventures (CEMEX's corporate venture capital unit) have announced their investment in HiiROC, a clean hydrogen production startup. HiiROC developed a technology that uses thermal plasma electrolysis to convert biomethane, flare gas, or natural gas into hydrogen at a lower cost than competing solutions and without a CO2 footprint. Together with HiiROC, CEMEX aims to increase its hydrogen injection capacity across its cement operations while reducing the consumption of fossil fuels.



HiiROC, a UK-based company founded in 2019, has developed a novel process that efficiently produces high purity hydrogen and clean carbon black at superior temperatures and pressure. As part of this investment, CEMEX and HiiROC aim to increase CEMEX's hydrogen injection capacity in its cement kilns, allowing for a higher alternative fuel substitution rate of fossil fuels. This initiative is designed to further cut methane emissions and other greenhouse gases downstream, a key objective set at COP26 in Glasgow.

CEMEX has been a pioneer in the adoption of hydrogen within the cement industry. Since 2019, the company has used hydrogen to increase alternative fuel usage and improve thermal efficiency across its cement operations. This investment represents an important commitment approach that allows the company to continue to scale its hydrogen injection strategy while ramping up the substitution rate of fossil fuels in production kilns.

"HiiROC's solution is sustainable, scalable, cost-effective, and has strong growth potential inside the hydrogen ecosystem. This investment is yet another important step in our transition from fossil to alternative fuels and towards achieving our Net Zero goal for 2050. CEMEX is the clear industry leader in the use of hydrogen, and this partnership allows us to further expand our hydrogen knowledge in the ultimate quest to replace fossil fuels with hydrogen in our plants," said Gonzalo Galindo, Head of CEMEX Ventures. "With hydrogen becoming an increasingly attractive element for industrial decarbonisation, we are excited to be one of the top companies in the cement industry that include a clean hydrogen production startup in its investment portfolio."

This investment is part of CEMEX's roadmap to achieve its ambitious climate action goals under its Future in Action program, investing today in one of the most relevant sectors for decarbonising cement operations. With the leverage and synergetic combination of multiple promising technologies, CEMEX aims to achieve its goal of delivering net-zero CO2 concrete by 2050.



EMPLOYEES

Outstanding Performance: The Institute of Concrete Technology Exam Results



ICT Concrete Technology examinations took place in October 2021, originally planned for May 2021 these were delayed due to Covid restrictions.

To complete the programme candidates, are required to complete regular assignments and an end of programme examination whilst keeping on top of their day jobs. This is a great achievement for each of the successful candidates gaining an internationally recognised qualification.

Its particularly pleasing to announce this latest set of results from CEMEX candidates. They all continued to progress with their studies despite the uncertainties presented by the COVID pandemic and they should be congratulated.

Successful candidates were:



Candidate	Role	Business Area	Course	Grade
Naomi Read	Technical Systems Administrator	Technical Systems	General Principles	PASS
Holly Enefer	Senior Technical Sales Support	Technical Sales Support	General Principles	CREDIT
Mohammad Harfan	Plant and Field Technician	National Technical TC	Practical Applications	CREDIT
Simon Cummings	Laboratory Technician	Lab & Technical	Practical Applications	CREDIT

These courses benefit staff from all areas of the business including technical, sales and operations as well as employees within our customer contact centres.

The next cohort will start in September.

For more information, please click on the link: [ICT Course Outlines](#)

Line Managers – please send your nominations to: gb-cemexlearning@cemex.com

Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
38-01-2022	Multi Skilled Operative x 2	UK Materials	Dove Holes	04/02/2022
39-01-2022	Credit Advisor	UK Materials	Rugby	04/02/2022
40-01-2022	Project Manager UK	UK Materials	Rugby	04/02/2022
41-01-2022	Operative	UK Materials	Bramshill Quarry	04/02/2022
42-02-2022	Plant Manager	UK Materials	Hatfield	11/02/2022
43-02-2022	Plant Operative	Asphalt	Liverpool Docklands	11/02/2022
44-02-2022	Plant Manager Level 2	Asphalt	Ellesmere Port	11/02/2022
45-02-2022	Landfill & Recycling Manager	UK Materials	Mobile/Southern based	21/02/2022
46-02-2022	FLT Driver	Concrete Products	Northfleet	11/02/2022
47-02-2022	Wharf Operative	UK Materials	Leamouth Wharf	09/02/2022



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.

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 (username: cemex / password: cemex) or call **0808 1682143**



Health Awards 2021

[Insert country name]

[Business name]



Guideline



From	
Country:	xxxx
Contact:	(enter name here)

Details
<ul style="list-style-type: none">• XXXXX• XXXXX• XXXXX

One slide for each initiative based on the following:

Ensure that the initiative was implemented in 2021, was of high impact and can be replicated somewhere else.

- ✓ It is important to note that this section must only include actual health (not safety) initiatives/innovations.
- ✓ We continue to include COVID-19 protection/prevention innovative good practices. These needs to be an innovative/creative good practices approach rather than just the implementation of the COVID-19 protocols.
- ✓ An applicant is also able to submit a Good Practice that they have replicated from another operation outside of their country. This must be made clear in the slide. Examples like these are encouraged because it shows that Good Practices are being cascaded in the organization and evaluations made to determine how it can be implemented locally.

Each initiative will be evaluated considering:

- **Innovation:** level of creativity.
- **Impact:** the effect that the initiative has in health benefits and the number of people that can participate in the initiative.
- **Engagement:** level of involvement by leaders in motivating people and evidence of front line workers participation.
- **Transferability:** how easy it is for the other business sectors, operations and countries to replicate the initiative.

Examples of Health Issues to Combat	
Cardiovascular	Gastrointestinal
Cancer	Ear nose throat
Musculoskeletal	Neurological
Mental health	Skin (dermatologic)
Lung respiratory	Genitourinary
Eyes	Infectious Diseases
Dental	COVID-19
Diabetes	Others

Drug & Alcohol Prevention



From

Country: France

Contact: Isabelle Vincent (HR)/ Stéphanie Godicheau (H&S)

Details

Context:

- On 17th June 2014 : Organization of the 4th CEMEX France H&S Day , focused on Drug and Alcohol Addictions.
- Main reasons to focus on addictions :
 - This initiative is a part of the human theme of CEMEX France Sustainability policy.
 - Some accidents are probably due to drug and alcohol

Description:

- Employees received information about addictions :
 - What are addictions ? Information about illegal drugs, alcohol and medications
 - CEMEX current rules.
 - The taboo doesn't help colleagues.
 - How to help a colleague: how to talk with him/her, who are the contacts to help him/her.

Resources/How to roll-out:

- Organization of this event :
 - 290 managers trained (4hrs) between March and June by a specialized consultant.
 - On the 17th June : Managers were deployed in all production and administrative sites (340 sites) to talk with employees.

Benefits / Results:

- Most successful H&S Day since 4 years.
- They proposed some actions to be implemented during next months/years

Health Issues to Combat: List the ones applicable, examples: cardiovascular, mental health, neurological, others.



Initiative Name



From

Country:

Contact:

Details

Context:

-<why did we undertake the initiative>

Description:

-<what is the objective>

-<what is the audience>

-<how to engage target group to participate>

Resources/How to roll-out:

- <resources needed to roll-out: people, budget, external consultants>

- <what steps are necessary to roll-out initiative>

Benefits / Results:

- <what were the benefits/results>

- <how did we measure results>

- <how many persons participated/have been affected>

Health Issues to Combat

- < List the ones applicable (refer to guideline).>

Photo

Photo



2021 Contractor Management Awards



From	
Country:	xxxx
Contact:	(enter name here)

Details
<ul style="list-style-type: none">• xxxxx• xxxxx• xxxxx

One slide for each initiative based on the following:

Ensure that the initiative was implemented in 2021, was of high impact and can be replicated somewhere else.

- ✓ It is important to note that this section must only include actual Contractor Management initiatives/innovations.
- ✓ It is also important to note that this section must only include initiatives/innovations rather than details about routine work that should be in place anyway e.g., machinery guarding, etc.
- ✓ An applicant is also able to submit a Good Practice that they have replicated from another operation outside of their country. This must be made clear in the slide. Examples like this are encouraged because it shows that Good Practices are being cascaded in the organization and evaluations made to determine how it can be implemented locally.

Contractor Management – Safety School for Contractors

From

Country: Costa Rica

Contact: Pamela Gonzalez

Details

Context:

The importance of having a formal training process for contractor personnel, which impacts their way of thinking and brings them closer to the goal of zero4life made us create a safety school for contractors, where they undergo a process of awareness, training and evaluation. practice of procedures.

Description:

-The safety school for contractors has managed to raise the knowledge, commitment and safety culture in each of them, making them adapt safety as their priority, there is no difference between the CEMEX culture and that of a contractor.

-Sensitization program

Why safety should be my priority

At home they wait for me

A secure legacy

My future

-Resources/How to roll-out:

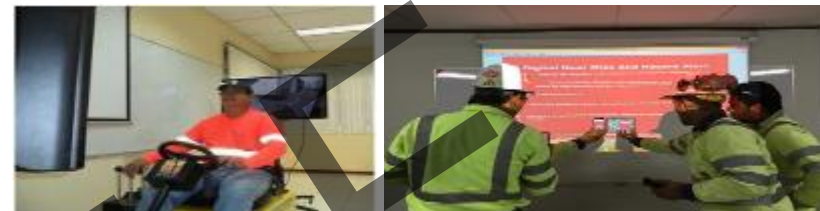
Special technical training to identify risks

Special works with electrical risk

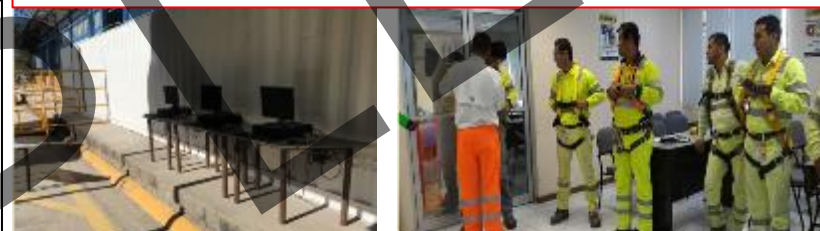
Confined spaces, etc.

Benefits / Results:

- Zero incidents of contractor employees
- 52% less defaults to processes
- 35% more participation in NMHA
- 25% improvement in ILS (Index of leadership in security)
- Greater productivity in each task



Driving simulator and digital certification APP



Digital center and practical tests



Awareness program



Technical programs



Contractor Management

From

Country:

Contact:

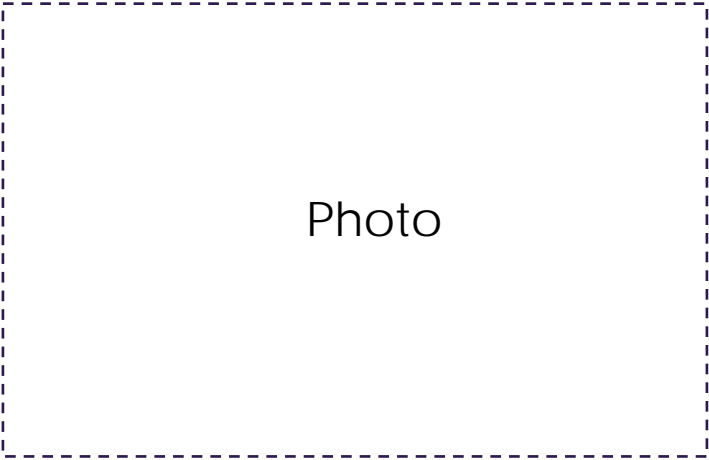
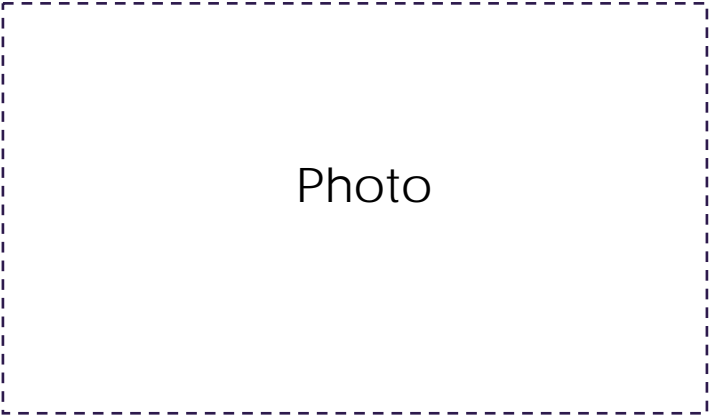
Details

Context:
-<why did we undertake the initiative>

Description:
-<what is the objective>
-<what is the audience>
-<how to engage target group to participate>

Resources/How to roll-out:
-<resources needed to roll-out: people, budget, external consultants>
-<what steps are necessary to roll-out initiative>

Benefits / Results:
-<what were the benefits/results>
-<how did we measure results>
-<how many persons participated/have been affected>



MPA HEALTH AND SAFETY BULLETIN



HIGHWAY CODE

In September 2021 the Department for Transport carried out a major revision of the Highway Code which included two new rules and several amendments to the existing rules.

One of the most significant introductions is a 'hierarchy of road users'. This will ensure that people who can cause the most harm in a collision, such as those in vehicles, bear the "greatest responsibility to reduce the danger they may pose to others".



So, a lorry driver will have a greater responsibility to those driving a car or motorcycle, and likewise people cycling would have a greater responsibility than pedestrians.

The hierarchy will be, in order of priority: pedestrians; cyclists; horse riders; motorcyclists; cars/taxis; vans/minibuses, with large passenger and heavy goods vehicles at the bottom.

In addition to this there are significant changes in the highway code in relation to Vulnerable Road Users.

- At a junction drivers should give way to pedestrians crossing or **waiting to cross** a road into which or from which you are turning.

- Pedestrians may use any part of the road and use cycle tracks as well as the pavement, unless there are signs prohibiting them.
- Drivers should not cut across cyclists going ahead when turning into or out of a junction or changing direction or lane.
- Drivers should give way to any cyclists in a cycle lane, including when the cyclists are approaching from behind.
- Drivers should give way to cyclists approaching or using the cycle track when turning into or out of a junction.
- Drivers should give motorcyclists, cyclists, horse riders and horse-drawn vehicles a minimum distance of 2 metres in all conditions.
- Drivers should wait behind the motorcyclist, cyclist, horse rider, horse drawn vehicle or pedestrian and not overtake if it is unsafe.
- At advanced stop lines drivers should stop sufficiently far behind the first white line so that they can see the whole area where cyclists may be waiting.
- Drivers should give priority to cyclists on roundabouts, give them plenty of room and not attempt to overtake them within their lane.
- Drivers should allow cyclists to move across their path as they travel around roundabouts.
- At roundabouts drivers should ensure that they do not cut across cyclists, horse riders or horse drawn vehicles in the left-hand lane.
- Drivers and passengers should open the door using their hand on the opposite side to the door they are opening.
- Drivers approaching a parallel crossing should give way to pedestrians or cyclists waiting to cross.
- On narrow roads, at road junctions or in slower-moving traffic, cyclists may sometimes ride in the centre of the lane and drivers should allow them to do so.



MPA HEALTH AND SAFETY BULLETIN



MOTORWAY DRIVING

To combat the problem of middle lane hogging on motorways, a change to the rules in the new version states “you should return to the middle lanes and then the left-hand lane when it is safe to do so”.

The aim of the changes is also to improve guidance for drivers using motorways, including what to do during a breakdown or incident.

- You **MUST NOT** stop or park on the carriageway, an emergency area or a hard shoulder of a motorway except in an emergency.
- Unless directed to do so by a police or traffic officer, **you MUST NOT reverse along any part of a motorway, including slip roads, hard shoulders and emergency areas.**
- You **MUST NOT** use a hard shoulder except in an emergency or if directed to do so by the police, traffic officers or a traffic sign.

Hard shoulder (where used as an extra lane): You can only use the hard shoulder as an extra lane when a speed limit is shown above the hard shoulder.

Where the hard shoulder is being used as an extra lane, emergency areas are provided for use in an emergency.

To rejoin the carriageway after a breakdown from:

- **a hard shoulder: build up speed, indicate, and watch for a safe gap in the traffic. Be aware that vehicles, obstructions or debris may be present on the hard shoulder.**
- **an emergency area: you MUST use the emergency telephone provided and follow the operator's advice for exiting the emergency area. A lane may need to be closed so that you can rejoin the carriageway safely.**

If anything falls from a vehicle on to a motorway or other high-speed road, **DO NOT** remove the obstruction yourself. Stop in a place of relative safety (see Rule 275) and call the emergency services on 999. On other roads, you should only remove obstructions if it is safe to do so.

You should focus on the road ahead when passing an incident because a lack of attention may cause a further incident, collision or congestion.



In addition the two new rules in the highway code are related to motorway driving

RULE 270 (NEW RULE)

Emergency areas are located along motorways with no hard shoulder or where the hard shoulder can be used as an extra lane (see Rule 269) and **MUST** only be used in an emergency. They are marked by blue signs with an orange SOS telephone symbol and may have orange surfacing.

RULE 275 (NEW RULE)

If you need to stop your vehicle in the event of a breakdown or incident, try to stop in a place of relative safety; where you, your passengers and your vehicle are less likely to be at risk from moving traffic.

The safest place to stop is a location which is designed for parking. On motorways and other high-speed roads, the safest place to stop is a service area.

Other suitable places of safety in an emergency include lay-bys; emergency areas and hard shoulders.

Be aware that hard shoulders provide less protection than other places of relative safety because they are so close to high-speed traffic.

You and your passengers should, where possible, keep well away from your vehicle and moving traffic.

Otherwise moving traffic could collide with your vehicle, forcing it into you and your passengers.

Also, exit your vehicle by the side furthest from traffic:

- Put on high-visibility clothing if you have it.
- Get behind a safety barrier where there is one.
- **DO NOT** stand in a place where your vehicle could be forced into you if moving traffic collides with it.
- **DO NOT** return to your vehicle even if it's raining, cold or dark.
- Remain alert and aware of vehicles or debris coming towards you.
- **DO NOT** place a warning triangle on the carriageway.
- Animals **MUST** be kept in the vehicle or, in an emergency, under control on the verge.



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VISION ZERO
SAFE & WELL EVERY DAY

Clear • Smart • Simple



Friendly February 2022

MONDAY



TUESDAY

1 Send a message to let someone know you're thinking of them

WEDNESDAY



2 Ask a friend how they have been feeling recently

THURSDAY

3 Do an act of kindness to make life easier for someone

FRIDAY

4 Organise a virtual 'tea break' with a colleague or friend

SATURDAY

5 Make time to have a friendly chat with a neighbour

SUNDAY



6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together