



# UK NEWS



Welcome to UK News 24 February 2022  
your weekly update from around CEMEX UK  
View UK News on: [www.cemexuknews.co.uk](http://www.cemexuknews.co.uk)  
Follow us on twitter too: @CEMEX\_UK



## HEALTH & SAFETY

### Do you know what a NM/HA is?



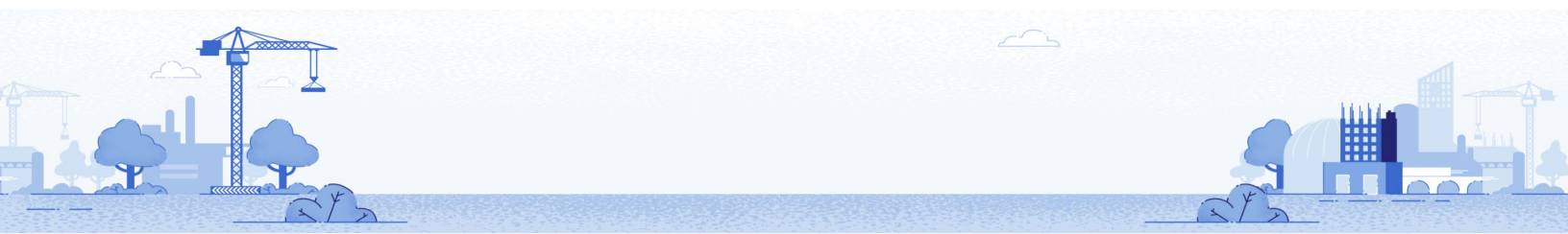
To help those in our operations identify Near Miss / Hazard Alerts (NM/HA) the Operational Excellence team have collected some real-life examples from our sites.

As a reminder:

- A Near Miss is an incident that could have resulted in an injury or illness to people, danger to health, and / or damage to property.
- A Hazard is an object or situation that has the potential to harm a person or cause damage to property.

By reporting the below risks, our colleagues have put safety first, and looked out for themselves and those around.

- In Durham, our teams pulled off of a P J Carey's site after NM/HAs had been submitted and site visits made but no improvement was made which meant we had no choice other than to stop supply. The issue was around the overhead crane being used close to the discharging of truck mixers.
- At West Deeping, there is a GRS bagging operation on site at which we feed with our loading shovel. A GRS operator was climbing onto the hopper at the ear of mini bagger, and coming out of the back door of the shed while the loading shovel was operating in this area.
- At Wickwar, the bitumen temperature went above the range set by the thermostat and tank controller to the point where it was at the material flash point and could have caused an explosion. The safety equipment on the temperature control side was all working correctly, the cause of the over-temperature was the heater bank contactor had stuck in and was not allowing the heaters to switch off. Because of this Near Miss the team are installing secondary contactors so if one fails the second contactor still works allowing the heaters to switch on and off.



- At Tilbury, the team spotted a third party using our land acting in an unsafe way on several occasions (see photo). Our colleague stepped in and asked them to review the works they were doing, which they did and work on both occasions was stopped and the correct PPE, tools and equipment was then used to complete the works.



Thank you to all those who shared these examples! We hope these help others to feel confident to spot risks and report them.

If you haven't already, please download this month's poster which details what a NM/HA is. You can find it [here](#).

## Global Safety Alert



A Global Safety Alert has been released, focused on a recent tragic incident in our overseas operations, where an employee died after becoming entangled in the conveyor of a mobile crushing machine.

For those who have been in our business for some time, the Alert may remind you of the incident we suffered on a quarry in the UK back in 2009, where a contractor sadly died in very similar circumstances; the contractor, Gary Ward, was 43 and had two children.

If we are to avoid future tragedies, it is essential we use Safety Alerts as an opportunity to remind ourselves of the hazards and risks in our operations and also to check we have robust safety measures in place... please discuss the Global Alert with your teams, including relevant contractors, and take the opportunity to check isolation procedures are well understood, ensuring machinery is isolated before any guards and other safety devices are removed, including on all mobile and contracted equipment.

The Alert can be found at the end of this document and can be downloaded from the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads) The Alert should also be displayed on relevant noticeboards.

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.

## LTI Free Milestones



We are proud to see two UK teams reaching LTI milestones this week. Congratulations to Supply Chain Building Products, UK which has reached 13 years LTI free and Materials North West, UK, which has reached 2 years LTI free.

Congratulations to both teams for this achievement!





### Transition from Red Diesel on our Sites



From 1<sup>st</sup> April 2022 rebated fuel (red diesel) must not be put into the tank of any vehicle, machine or appliance that is on our sites or used in our operations.

This means that any stocks of this fuel at our locations should be run down before 1<sup>st</sup> April 2022.

We may only use up rebated fuel after 1<sup>st</sup> April 2022, if the fuel was legally put into the vehicle or machine before 1<sup>st</sup> April 2022 and we can demonstrate this.

Please can we, therefore, ask all Site Managers to evaluate the stock they have and put a plan into place to use this up in advance of the deadline. If stocks allow, all applicable vehicles on site can be filled up, but do not order any more – be prepared to receive deliveries of white diesel from April onwards.

You will not be expected to flush out rebated fuel from your storage tanks.

All contractors undertaking load and haul, restoration, overburden, contract crushing or similar activities must also convert on the 1<sup>st</sup> April – all sites undertaking these activities are responsible for ensuring they comply.

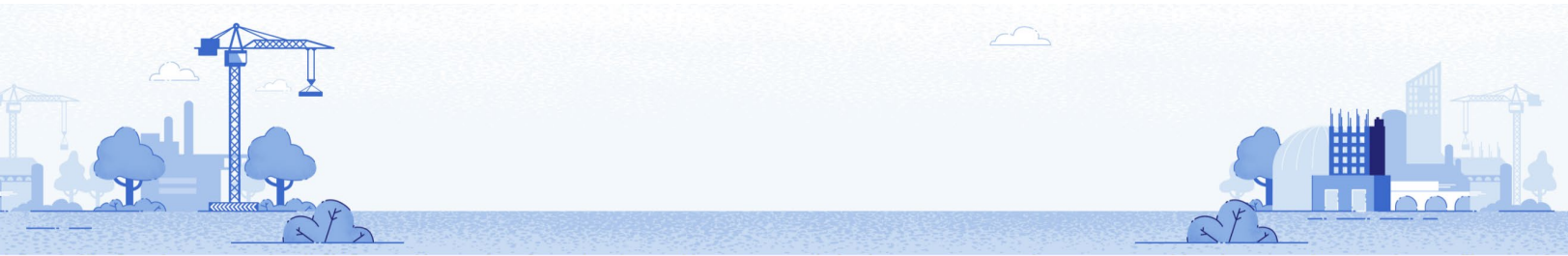
Note:

- emergency generators that rely on red diesel can continue to use it as and when needed but should not be restocked with this fuel.
- marine, rail and river transport are exempt and can continue to use rebated fuel.

Operational Excellence and Security continue to work together to devise solutions for the security-related issues that may arise as a result of these changes. Further communication on this will follow in due course.

If you have any questions, please contact Colin Jones and John Sweeting in the UK Security Team.

The MPA has prepared a briefing note on the transition from red diesel, which can be downloaded from the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads). A copy can also be found at the end of this document.







# FUTURE IN ACTION

## Set Yourself a Fitness Challenge and Help Walk All Over Cancer



### Walk All Over Cancer Community Challenge

Walk 10,000 steps every day in March to raise funds for life-saving cancer research.

Cemex are walking all over cancer in March 2022.

Get in touch to join our team or sponsor us and help beat cancer sooner.

Phone us: 07900 161844 (Ryan Goode Cancer Research UK)

Email us: [ryan.goode@cancer.org.uk](mailto:ryan.goode@cancer.org.uk)

Visit our fundraising page

Please email Ryan Goode or call if you wish to take part



Together we will beat cancer



In March, thousands of people will take part in the Walk All Over Cancer challenge, to raise money for Cancer Research while also improving their fitness.

### What's the challenge?

10,000 steps is the equivalent of 5 miles or an hour and 40 minutes of walking, depending on your speed.

We want to encourage as many CEMEX UK employees as possible to take part in the challenge:

1. Sign up to participate and commit to 10,000 steps a day – sign up by emailing or calling Ryan Goode: [ryan.goode@cancer.org.uk](mailto:ryan.goode@cancer.org.uk) / 07900 161844
  - Log the time you spend walking on the CEMEX Benevity platform [here](#) so we can track our achievements as a business! There will be **prizes** for the biggest walkers...
2. Encourage your friends and family to sponsor you, raising money for Cancer Research.

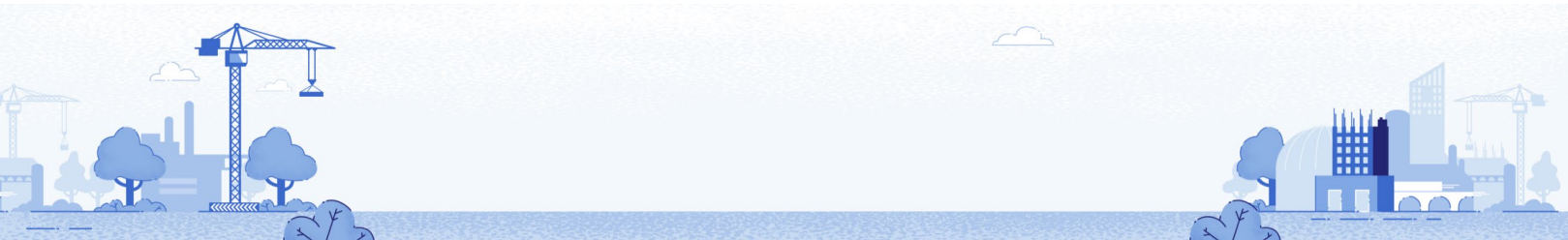
Or, if you can't commit to walking, donate to support other participants [here](#)

### What's the benefit for me?

As well as raising important money for Cancer Research, increasing the amount of walking we do can help our health too:

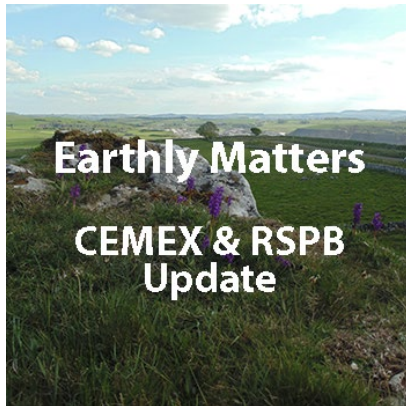
- Walking can improve fitness
  - Regular walking can help you maintain a healthy weight, burn calories and help tone muscles.
- Walking is a COVID-safe activity
  - Outdoor activities are a safe way to exercise in the current climate.
- Walking is good for our mental health
  - It's the perfect way to zone-out and rid yourself of any daily stress. Plus, the exercise-induced endorphins will leave you feeling better than ever.
- Walking can help lower blood pressure
  - Being active can help lower blood pressure and your risk of heart problems in the future.

For more inspiration, see the attached tips document at the end of this document and in the download section of the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)



Please also download the poster and display at your sites, and encourage your colleagues to take part. The poster can be found at the end of this document too.

## New Earthly Matters Blog



The first 2022 edition of Earthly Matters, the blog dedicated to the partnership between CEMEX and the RSPB, is now available to read online.

In this month's edition:

- Where, What, Why – Wetlands
- Wellbeing in Winter

Accessible to all, even those without a CEMEX email address, so please do share with your teams. Please read [here](#)

## Have you Nominated your Charity of the Year?



We would like to work together in identifying our Charity for the year.

We will use our internal fundraising platform to assist the charity of your choice.

This will be done in two stages as follows:

- Stage 1 – Collect names of nominated charities
- Stage 2 – Run a poll to identify one charity

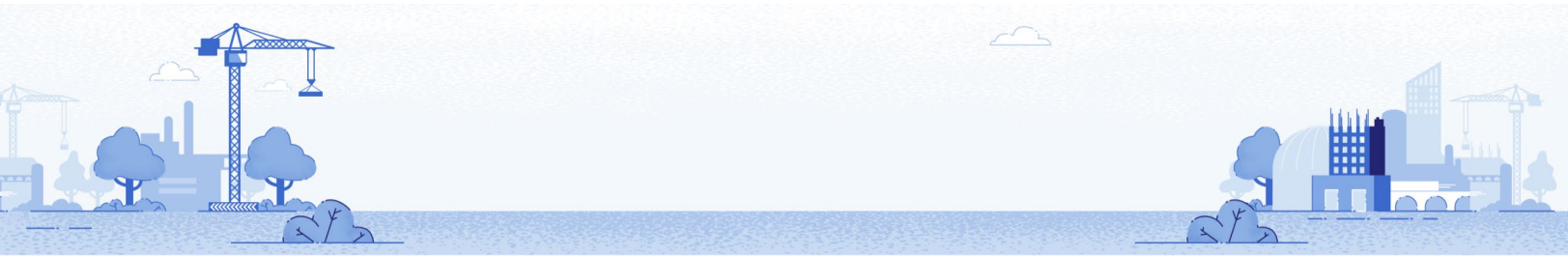
### So what do we want from you today?

Nominate who you think should be the CEMEX Charity of the Year.

Simply fill in the form [here](#) by 28<sup>th</sup> February 2022 to add your chosen charity to the shortlist.

Once the shortlist is created, everyone will have the opportunity to vote for who they think should be CEMEX's Charity of the Year.

If you have any questions, please contact Chiedza Mupfumira.





## EMPLOYEES

### Materials Team Talks

**2022 Start of Year Team Talks** 

You are invited to a Materials Team Talk

All CEMEX UK employees are welcome to join. We will reflect on 2021 and discuss our priorities for 2022.

Lex Russell will be hosting sessions on 1<sup>st</sup> and 2<sup>nd</sup> March 2022. He will be joined by Michel Andre and leaders from across the business, including Andy Taylor, Laurence Dagley, David Beck, Dave Hart, Steve Crompton and Stephen Redwood.

Please pick a time to suit you and simply log in via the zoom link on the day.

There will be time for questions, so either submit them via this email address if you'd like to stay anonymous: [gb-communicationsandpublicaffairs@cemex.com](mailto:gb-communicationsandpublicaffairs@cemex.com) or ask them on the day.

It would be great to see you there.

**TEAM TALK 2022 SCHEDULE - ZOOM MEETINGS**

	Date	Time	Team Talk Link and Passcode
Team Talk 1	Tuesday 1 <sup>st</sup> March	3.00pm to 5.00pm	<a href="https://cemex.zoom.us/j/81935437957?pwd=QStBN0NXeWxaV29HVmxtY281T2o3QT09">https://cemex.zoom.us/j/81935437957?pwd=QStBN0NXeWxaV29HVmxtY281T2o3QT09</a> Passcode: 355346
Team Talk 2	Wednesday 2 <sup>nd</sup> March	8.00am to 10.00am	<a href="https://cemex.zoom.us/j/81601703687?pwd=QWcrWmVGN3ovdUNiZmJSakgzQkpXUT09">https://cemex.zoom.us/j/81601703687?pwd=QWcrWmVGN3ovdUNiZmJSakgzQkpXUT09</a> Passcode: 832358

Any problems accessing the meetings, please email [glit.vassou@cemex.com](mailto:glit.vassou@cemex.com) on the day.  
Each session has a maximum of 300 attendees. Please try another call if the one you are joining is full.

All CEMEX UK employees are welcome to join Materials Team Talks next week, which will reflect on 2021 and discuss our priorities for 2022.

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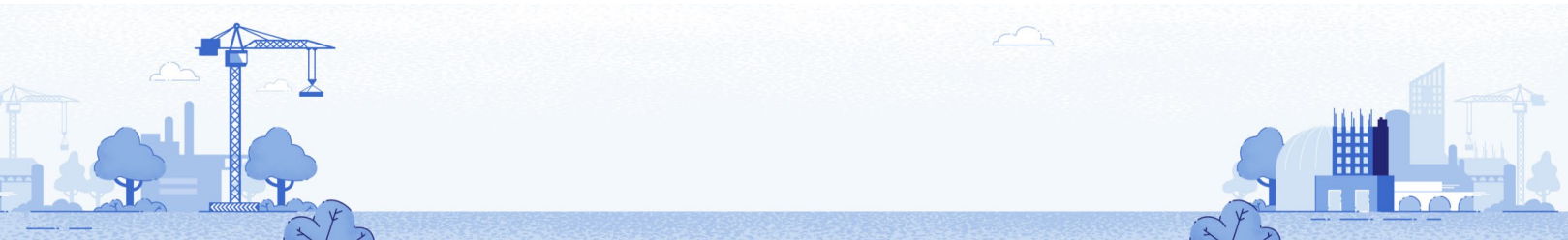
### Technical Apprenticeship Programme



We are pleased to announce the launch of the UK Technical Apprenticeship Programme. Our Apprentices will be based at The UK National Technical Centre where they will help the existing team support all UK businesses with conformity testing, research and development projects and special product support.

The programme is the next step in the department's continued learning and development effort and a great way of encouraging people to begin a career within an exciting area of our business. We hope to have the Technical Apprentices in place as part of the National Technical Centre team in the coming weeks, working to support the business.

For information on the programme please contact programme organiser, Mike Higgins – National Technical Manager.





## Thanks For Your Effort to.....



Congratulations to the latest Thanks For Your Effort winner, Andrea Ingham, Fleet Coordinator, for demonstrating the core values of “Acting with Integrity & Working as One CEMEX” during her participation in the investigation into systematic misuse of company fuel cards.

Andrea’s contribution demonstrated the utmost of integrity, both in identifying the issue and thereafter supporting significant covert security actions. The frequent, short notice and often urgent demands for data, over and above her role,

was met with unerring dedication and enthusiasm to support the needs of a delicate investigation.

Well done Andrea!

## And Thanks Also to.....



More thanks go to our fantastic colleagues nominated for an award for showing exceptional dedication and going above and beyond their day jobs. They are:

### **Nigel Ponton, Fleet Engineering Manager**

Nigel’s personal leadership has been exhibited through his coordination of the external audit by the Driver and Vehicle Standards Agency (DVSA) to get the Supply Chain own fleet accredited in the Transport sector Earned Recognition Scheme.

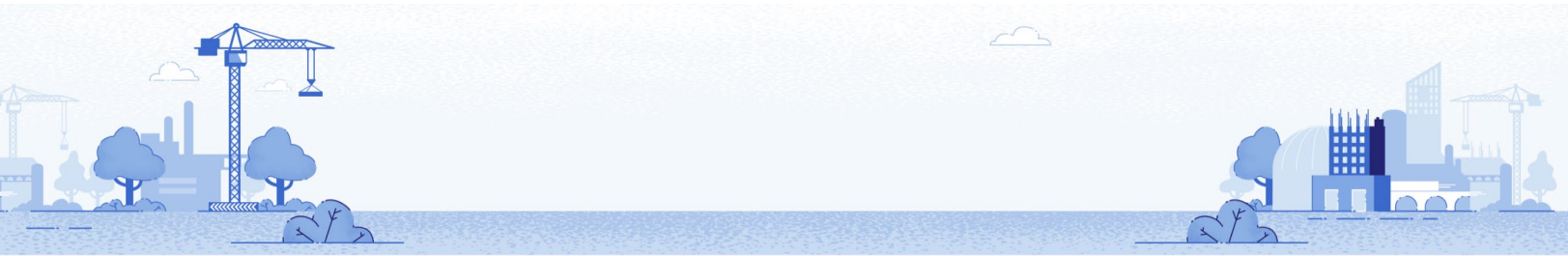
This means CEMEX are part of a select band of fleet operators (less than 10%) to have achieved this status in the UK.

Prior to the audits Nigel led detailed pre-audits to ensure our readiness for the formal external audit. This involved spending virtual time with the operational teams in advance to review all the potential areas that were in scope. This took 3–4 weeks of time and effort.

### **Alan Flippance, Supply Chain Compliance Officer**

Every year in Supply Chain a Driver CPC event is organised as part of the back to work programme for all Logistics Drivers to attend. It was decided back in June 2021 that the course this year would be classroom based and all Drivers would complete the Safe Urban Driving Course which is a requirement of our FORS Gold Accreditation. COVID protocols at the time meant this would be possible with the appropriate precautions so Alan organised 11 courses over two days at seven different locations alongside Fleetsource, our Training Provider, and throughout November organised with 240 drivers from Cement, Aggregates and Readymix to attend the various courses.

This is a huge effort in itself, however, this year we were faced with the rise of the Omicron variant of COVID and the week before Christmas we decided that putting people into classroom environments was too much risk. Rather than cancel the course we decided to speak to Fleetsource and try and revert back to a virtual learning course which was agreed on Friday 17<sup>th</sup> December. With the help of



the ALMs and his Supply Chain Compliance Officer colleagues, Alan then led the changeover and notified all 240 drivers that the original plan was cancelled, and they needed to reregister on the new course as well as make arrangements to receive the training virtually. Late on Thursday 23<sup>rd</sup> December Alan confirmed that 100% of the Drivers had completed the reregistration and we had successfully managed to convert everybody to the virtual course.

Alan showed excellent collaboration skills and his adaptability and commitment to getting the Drivers switched over at a time of the year when availability was stretched was first class.

### **David Sowden, Lead Planner**

Over the period that we have had a cement shortage, Dave has gone that extra mile too make sure Readymix plants have had the right amount of cement for the following day's production and looking forward to the week ahead, showing great leadership with his team. Dave's extra effort in managing through this tough period was vital.

### **Lucy Dodd, Customer Service Manager Readymix & Aggregates**

Recently we were advised that import export procedures had changed again. We had already made changes to our processes last year for post Brexit changes. On top of that, potentially onerous changes were demanded as part of the latest government border control initiatives.

We export regularly to Sweden from Raynes quarry and this is an important customer to us. Adapting to the new requirements quickly so service was not affected and we remained compliant, required a rapid, thorough and professional response across several disciplines. Lucy made sure this all went seamlessly.

### **The Evolution of our Global Service Centre (GSC) is Here!**



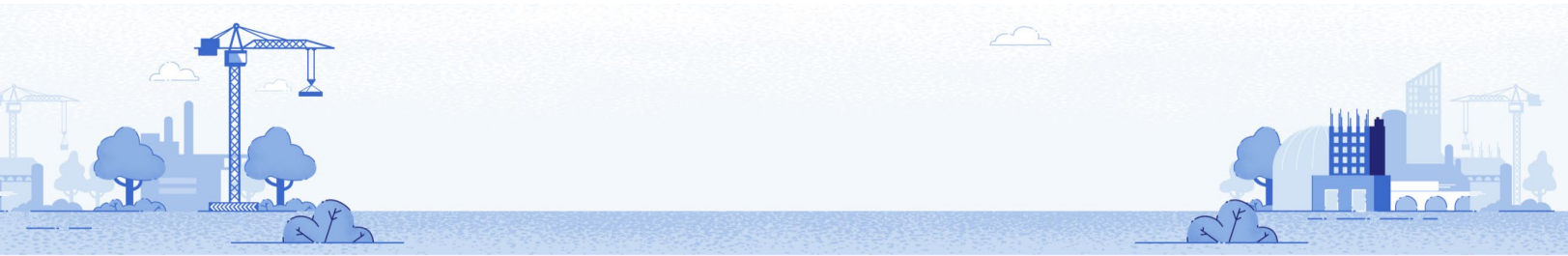
Working Smarter is driving our next generation of shared services, integrating new capabilities and using the most advanced technologies that will allow us to become more digital, integrated, and reliable.

As part of this evolution, our Global Service Centre (GSC) brings a better experience and benefits to everyone, including:

- The local GSC number has changed. Please now use 0114 392 1234 for the UK
  - Note: This is a temporary number. Once the current number is re-established, we will let you know.
- Chat with a Help Desk agent through Microsoft Teams
- Access to the Global Service Centre directly from Microsoft Teams and start interacting with a Help Desk agent in your local language, including English, Spanish, German, French, Polish, Czech, Tagalog, and Arab

### **Plus: a new digital IT services catalogue!**

An organised space where the IT services catalogue and support will be available as self-service.





Click [here](#) and choose Information Technology Catalogue to view services available. For example, you can request to unlock your SAP ID, request a PC, or report an issue with a printer.

Remember, if you need assistance during non-working hours English and Spanish speaking agents will be available 24/7.

## 15 Years for Miranda



Congratulations to Miranda Clegg, Sustainability Manager for the UK, for reaching the milestone of 15 years service recently. Thanks for your hard work and dedication to the business.

Well done Miranda – here's to another 15 years!!

## Want to Nominate a Colleague?



Who do you think deserves a Thanks For Your Effort Award?

Nominate any colleague you think has gone above and beyond their day job and demonstrated any of the CEMEX values.

Email: [gb-hrplanning@cemex.com](mailto:gb-hrplanning@cemex.com) for a nomination form or use the form on the UK News website: [www.cemexuknews.co.uk](http://www.cemexuknews.co.uk)

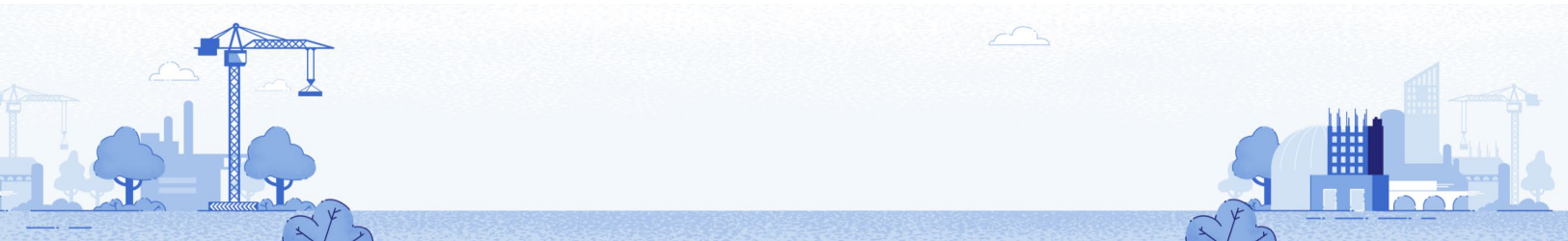
## Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
64-02-2022	Sales Executive	UK Materials	West London	03/03/2022
65-02-2022	Multi Skilled Operative (Dayshift)	UK Materials	Angerstein	25/02/2022
66-02-2022	Weighbridge Operative	UK Materials	Dove Holes	04/03/2022

### 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](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.



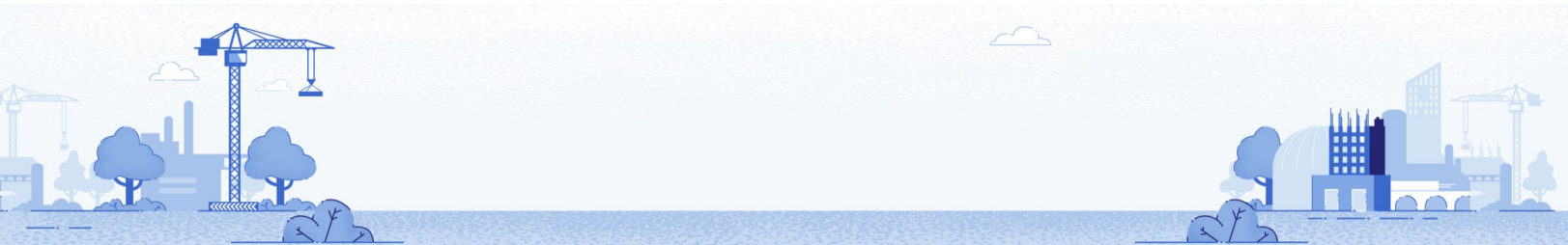
## Employee Assistance Programme

**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

### INCIDENT DETAILS

A utility man on a portable crushing crew notified the back-hoe operator to stop loading the machine because he needed to look at the material build-up. After not hearing from him for a time, he was found entangled in the conveyor belt.



### KEY FINDINGS

- The rest of the crew could not see the employee from the positions they were in
- Cleaning the build up on this machine would require the implementation of the Lock Out, Tag Out, Try Out procedure (LOTOTO) on the portable crusher.

### MANAGERS – KEY POINTS TO CHECK

- Mobile equipment has LOTOTO procedures as required by our company standards and there is an audit process to identify any deficiencies
- All equipment operators are trained to ensure they know how to perform LOTOTO on their equipment.
- Remote working crews are observed regularly through VFL's etc. to ensure safe work practices are being followed.

### ALL PERSONNEL – ACTION TO TAKE

- Always follow the machinery isolation requirements and never put yourself in the line of fire! The LOTOTO procedure is there to keep everyone safe!
- Employees who perform LOTOTO should review the machine specific procedures before performing the task
- Remote crews should consider group LOTOTO to ensure everyone's safety
- Maintain constant communication when crew members are out of the line of sight from the rest of the crew.



Look after yourself  
and each other



Safe  
Systems



Energy  
Isolation



# Members' Briefing



No: 01/2022

21 January 2022

## Switching from Red Diesel to White Diesel - Increased Risk of Fuel Thefts

### Background

At Budget 2020 the UK government announced changes to the rules on rebated diesel usage to help meet its climate change and air quality targets and encourage cleaner alternatives to be employed.

As a result, from 1st April 2022, red diesel will no longer be available at a rebated rate for many commercial applications, including mineral industry operations. From April 2022, most current users of red diesel will have to switch to white diesel which will attract the full rate of tax. These changes will mean that industry users of heavy plant, machinery and equipment such as excavators, dumpers, loading shovels and screening plants will no longer be able to run them on red diesel. This will also affect the permission to use red diesel for commercial heating and power generation.

### Threat

Fuel theft accounts for heavy losses from commercial sectors, with a reported 120,000 fuel theft incidents in 2018. This is a major concern and one that can literally bring the continuity of a site to a grinding halt if left unchecked.

The government changes also come at a time when fuel prices are at an all-time high, with diesel costs around £1.50 per litre compared to £0.73p per litre for red diesel. White diesel attracts 57.95p per litre duty compared to only 11.14p per litre duty on red diesel.

It is an accepted fact that criminals are quick to react to new opportunities. It is highly likely that white diesel theft will become the new “criminal growth industry” and will lead to a significant increase in diesel theft across the UK. The significant factors are:

- The overall increase in fuel costs to record highs;
- The value of white diesel; approximately double the value of red diesel;
- Sites storing large quantities of white diesel in tanks, mobile bowzers, mobile plant and trucks;
- The greatly increased market for white diesel compared to red diesel, i.e., road going vehicles as well as other industry uses.

The risks and consequences of theft may not be limited to the financial loss of any asset. The act of theft may result in physical damage to be repaired, while spillages can result in environmental damage that site operators are required to clear up.

## **Potential Forms of Attack**

### **Opportunist Fuel Theft**

These are the most regular form of criminal attacks. Suspects will often use site tools that have not been locked away to access fuel tanks and workshops. Empty oil drums can be used to transport fuel off site using site wheelbarrows. These suspects will frequently target power tools, fuel from site tanks as well as fuel from extraction pumps. Thefts rarely exceed 200 litres and are normally conducted outside of operational hours.

### **Organised Fuel Theft**

These thefts are less common but are likely to increase. Suspects use Transit type vans and closed lorries to carry up to five 1000 litre bulk liquid carriers (IBC's). Petrol engined pumps are then used to transfer fuel up to 200m off-site utilising rolls of blue water pipe.

Suspects may target sites when they are unmanned (weekends etc), making multiple return visits until the tanks are drained. Such thefts have historically varied between 6,000 and 13,000 litres.

### **Staff and Contractors**

Given white diesel can be more readily used increases the risk of company staff and contractors stealing fuel from site fuel tanks. The tanks that may be targeted can include site/workshop tanks as well as heating fuel tanks and fuel is likely to be stolen in regular, but smaller quantities. Experience has suggested that these thefts will generally take place during both operational and out of hours periods, particularly at night or over weekends.

## **Security Measures**

Measures can be deployed on a security risk assessed basis to avoid unwarranted expense and ensure an appropriate level of mitigation. Equally, 'low cost/no cost' measures should be considered before more costly options are utilised.

Some of the security risk factors to be considered are:

- Volume of fuel stored on site.
- History of criminal activity on site, particularly fuel theft.
- Level of crime local to site.
- Security measures already deployed on site.

## **A proposed hierarchy of security measures**

### **Low Cost/No Cost**

- Awareness of all site staff of the potential risks of fuel theft, the measures in place to counter these, and the need for ongoing vigilance to guard against both opportunistic and organised fuel theft<sup>1</sup>.
- Remove any unnecessary diesel-powered equipment from site.
- Where possible, swap diesel powered generators for mains electric or hybrid items.
- Manage fuel levels - keeping fuel levels low, particularly over holiday periods.
- Isolate tank electrical supplies out of hours.
- Block access to tank filling points with concrete blocks or mobile plant items out of hours.
- Fit heavy duty locks on tank filling points.
- Fuel tank location - well away from site boundary.

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<sup>1</sup> [MPA has produced advice on preparing for and responding to protest activity](#), elements of which equally apply to wider criminal activity. Central to this is the importance of office and site staff to be aware of potential risks and to remain vigilant for suspicious activity.

- Ensure fuel discharge has a volume counter.
- Regular analysis of site fuel usage by site management.
- Tank counter readings to be radioed to weighbridge when mobile plant being refuelled.
- All mobile plant to have fuel usage logs, detailing start and finish filler counter readings.

The above list is not definitive and other similar measure could be considered. Where they are not in place; site managers should be encouraged to adopt those measures appropriate to their sites.

#### Pros

Easy to adopt.

Low cost.

May help to deter and delay any criminal activity.

#### Cons

Less likely to detect more subtle forms of fuel theft by staff or contractors.

Will not prevent opportunist or organised fuel thefts, out of hours.

#### **Higher Cost Measures**

- Consider overt or covert fuel dyes.
- Fob access to refuelling point.
- Security lighting in vicinity of tank.
- If site has CCTV, ensure fuel tank is within CCTV camera and sensor range.
- Sites with existing CCTV that does not cover the fuel tank: fit additional cameras.
- Record Only CCTV.
- Battery Powered, low cost, monitored 'Motion Viewer' type cameras.
- Monitored CCTV.
- Fuel Tank Alarms.
- Security Guarding.

These measures should only be considered if the Low Cost/No Cost measures are assessed as not providing an appropriate level of security to mitigate against fuel theft.

#### Pros

Accurate fuel usage data for audit purposes.

24/7 Imagery of fuel tank and refuelling equipment.

Strong visual deterrent.

Ability to monitor activity 24/7 by Remote Monitoring Station and react to threat.

Battery Powered Monitored CCTV can be deployed where there is no mains power.

#### Cons

Cost of installation (Should be considered against possible losses).

Ongoing Monitoring cost for CCTV.

Installation (Tank Alarms can be costly to fit safely).

Security Guarding (prohibitively costly long term, however could be considered short term).

#### **Recommendations**

To ensure cost-effective solutions are employed, it is recommended that any additional security measures are informed by a security assessment. This will avoid measures being deployed which may be ineffective and/or result in excessive costs being incurred.



The awareness of site staff is essential, both in terms of maintaining the controls that have been put in place to reduce the risk of fuel theft occurring, but also ensuring vigilance for any suspicious behaviour or activities.

Any suspicious activity within or adjacent to sites should be reported to the local police, as should any incidents of actual or attempted theft.

Members are also encouraged to share information about fuel theft with the MPA ([security@mineralproducts.org](mailto:security@mineralproducts.org)) to allow the frequency and geographic distribution of this activity to be monitored. In turn, this will assist raising awareness with other member companies who may be at risk.

For further information please contact [neal.weston@mineralproducts.org](mailto:neal.weston@mineralproducts.org)



# Walk All Over Cancer Community Challenge

Walk 10,000 steps every day in March to raise funds for life-saving cancer research.

**Cemex**  
are walking all over cancer in March 2022.

Get in touch to join our team or sponsor us and help beat cancer sooner.



Phone us: 07900 161844 (Ryan Goode Cancer Research UK)



Email us: [ryan.goode@cancer.org.uk](mailto:ryan.goode@cancer.org.uk)



Visit our fundraising page: Please email Ryan Goode or call if you wish to take part



Registered with  
**FUNDRAISING  
REGULATOR**

**Together we will beat cancer**

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place, London, E20 1JQ.



**CANCER  
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UK**



# Walk All Over Cancer Community Challenge

## Tips to complete your 10,000 steps each day

- 1. Get out and about at lunch.** Lunchtime is a great way to get away from the desk and get in some steps with colleagues. Just 15 minutes of movement can log 1,000 steps.
- 2. Take the stairs.** Ditch the escalator or lift and take the stairs. An average flight of stairs has 10 to 12 steps so it's an easy way to squeeze in an extra few steps.
- 3. Set a timer.** If you spend most of the day at a desk, set a timer every hour to get up and take a walk. It's also a good reminder to fill up your water bottle and stay hydrated!
- 4. Get off a stop earlier.** Why not get off the bus or train a stop earlier when commuting to work or meeting friends, to get some extra steps closer to your target?
- 5. Convert your exercise class into steps.** A 45-minute fitness class can clock in over 5,700 steps! Find a class you enjoy to get halfway to your daily goal.
- 6. Catch up with friends.** Instead of going for a coffee with friends, have your catch up outside and go for a walk. It's also a great way to discover new places in your local area!
- 7. Park further away.** Every couple hundred steps of walking to or from your car quickly adds up. An easy one if you do need to take the car.
- 8. Convert household chores.** Tick off your weekly chores while getting in your daily step count. Your weekly 30-minute food shop clocks in at 2,000 steps and an hour of housework scores you on average 4,800 steps.
- 9. Go for a dog walk.** If you don't own a dog, you can always volunteer to walk your friends' or neighbours' dog. The average person will get in 4,000 steps for one 30-minute walk.
- 10. Walk and talk.** Take your business calls on-the-go or skip the conference room and have walking meetings with your colleagues.

Together we will beat cancer



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). A company limited by guarantee. Registered company in England and Wales (4325234) and the Isle of Man (5713F). Registered address: 2 Redman Place, London, E20 1JQ.



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# 2022 Start of Year Team Talks



## You are invited to a Materials Team Talk

All CEMEX UK employees are welcome to join. We will reflect on 2021 and discuss our priorities for 2022.

Lex Russell will be hosting sessions on 1<sup>st</sup> and 2<sup>nd</sup> March 2022. He will be joined by Michel Andre and leaders from across the business, including Andy Taylor, Laurence Dagley, David Beck, Dave Hart, Steve Crompton and Stephen Redwood.

Please pick a time to suit you and simply log in via the zoom link on the day.

There will be time for questions, so either submit them via this email address if you'd like to stay anonymous: [glb-communicationsandpublicaffairs@cemex.com](mailto:glb-communicationsandpublicaffairs@cemex.com) or ask them on the day.

It would be great to see you there.

### TEAM TALK 2022 SCHEDULE - ZOOM MEETINGS

	Date	Time	Team Talk Link and Passcode
Team Talk 1	Tuesday 1 <sup>st</sup> March	3.00pm to 5.00pm	<a href="https://cemex.zoom.us/j/81935437957?pwd=QStBN0NxeWxaV29HVmxtY281T2o3QT09">https://cemex.zoom.us/j/81935437957?pwd=QStBN0NxeWxaV29HVmxtY281T2o3QT09</a> Passcode: 355346
Team Talk 2	Wednesday 2 <sup>nd</sup> March	8.00am to 10.00am	<a href="https://cemex.zoom.us/j/81601703687?pwd=QWcrWmVGN3ovdUNlZmJSaktzQkpXUT09">https://cemex.zoom.us/j/81601703687?pwd=QWcrWmVGN3ovdUNlZmJSaktzQkpXUT09</a> Passcode: 832358

Any problems accessing the meetings please email: [clint.yarwood@cemex.com](mailto:clint.yarwood@cemex.com) on the day.

Each session has a maximum of 300 attendees. Please try another call if the one you are joining is full.