



# CEMEX UK NEWS



Welcome to UK News 20th April 2023  
your weekly update from around Cemex UK

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You can also follow us on our  
social media channels



## HEALTH & SAFETY

### Take 5 Together



We can all look after each other by speaking up and Take 5 Together if we see anyone at risk of injury.

Following on from March's focus on Take 5, during April we would like you to spend time together as a team reflecting on Take 5 Together and the important role it plays in our operations.

To help with this, we have created a short video. We ask each team to watch and discuss the video together using the talking points below as a guide.

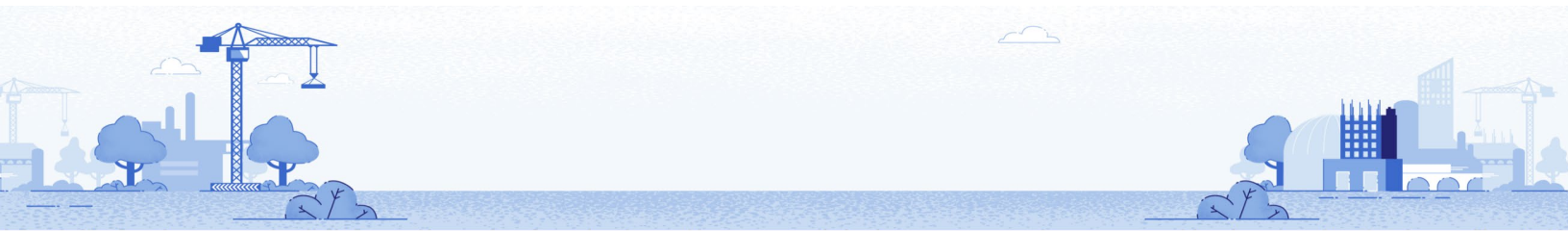
The Safety team would love to hear your feedback on the videos and the discussions you have as a team! Please share any comments you have with your Health & Safety representative.

#### For Managers and Supervisors

At the end of this document and in the UK News download page [here](#), Managers and Supervisors can find materials to use in discussions with your teams to help reinforce our Take 5 Together / interdependent culture. Please take the opportunity to stress the importance of always stepping in and challenging unsafe behaviours, utilising Take 5 Together, and to identify opportunities to keep the campaign a prominent part of meetings, discussions, visits etc.

The promotional materials include:

- A new 5 minute video which you can watch – open [here](#).
- Manager briefing document
- Additional short testimonial video from a Cemex employee
- 2 x posters



## Health & Safety at Work Day 2023



World Day for Health & Safety at Work on 28<sup>th</sup> April is a global event observed by the United Nations in order to stress the importance of preventing accidents and injuries at work.

All of us at Cemex are committed to our number one priority; Health & Safety. Nothing is more essential than protecting the employees, contractors and others we interact with each day, as well as ourselves.

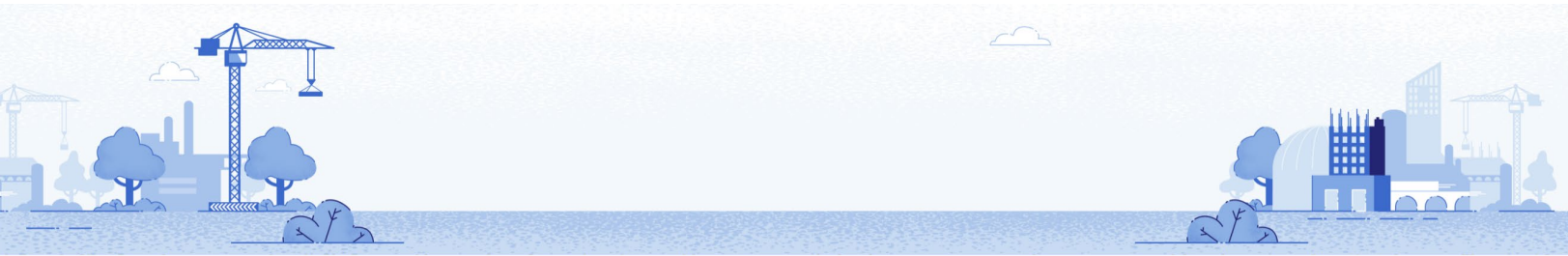
This day offers an opportunity for us all to reflect on this priority and the efforts we are making to look out for each other.

Managers, who can, should carry out at least one VFL during the final week of April. During the VFLs, as well as communicating our commitment to this day, please take the opportunity to discuss and reinforce the importance of our ongoing Take 5 Together campaign, which is a key initiative to help strengthen our culture of looking after each other.

The Health & Safety committee encourages all teams to spend some time discussing Health & Safety together:

- Display the poster on all workplace notice boards – available on the UK News download page [here](#) and at the end of this document.
- Use the email banner in your email signature – available on the UK News download page [here](#).
- Recognise the day, reflect on previous incidents and those we have lost in recent times, and thank those we work with for their dedication to keeping people safe.
- Take some time to walk your site and look out for any potential risks.
- Consider our mental and physical wellbeing – are there any new health habits we could adopt?
- Revisit recent Near Miss / Hazard Alerts – is there anything that needs resolving, or would benefit from a fresh pair of eyes?
- Remember that we traditionally experience a higher number of incidents during this time of year – be extra vigilant.

Thank you all for your commitment to maintaining a safe workplace.



## Steps to Good Bowel Health



April is recognised nationally as Bowel Cancer Awareness Month. Bowel cancer is the fourth most common cancer in the UK and the second biggest cancer killer.



### What is bowel cancer?

- Bowel cancer is also called colorectal cancer. It affects the large bowel, which is made up of the colon and rectum.
- Most bowel cancers develop from pre-cancerous growths, called polyps. But not all polyps develop into cancer. If your doctor finds any polyps, they can be removed to prevent them becoming cancerous.
- Cancer cells may stay in the bowel or they might spread to other parts of the body, like the liver or lungs.

In last week's [UK News article](#) we shared some resources which you can find [here](#) with lots more information about Bowel Cancer, who it affects, what are the symptoms, what to do if you notice any symptoms and about screening in the UK.

This week we are sharing some simple steps for good bowel health. This is important as these small changes will help your digestive system to work well and could reduce your risk of bowel cancer.

The bowel is part of your digestive system, which turns food and liquid into energy that your body can use. Eating healthily helps your digestive system work well and can reduce your risk of bowel cancer.

The Government's Eatwell Guide shows you how much of your daily diet should come from each food group. This includes everything you eat during the day, including snacks.

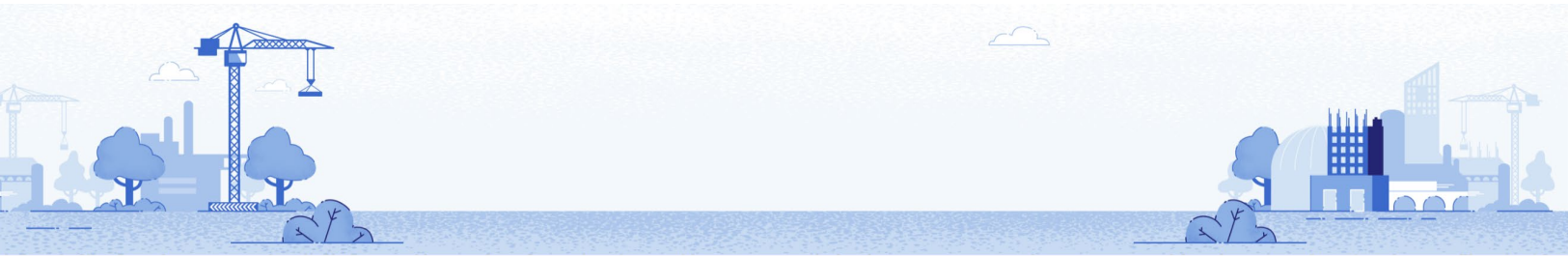
The Eatwell Guide



### To stay healthy, we should:

- Eat at least **five portions of vegetables and fruit every day**.
- Choose wholegrain varieties of bread, rice and pasta.
- Enjoy more pulses, such as beans and lentils.
- Eat some fish, chicken, eggs and tofu but limit red meat and avoid processed meat.
- Eat some milk and other dairy foods but choose those without added sugar.
- Choose unsaturated oils and spreads and use in small amounts.
- Limit food and drinks high in fat or sugar such as sweets, cakes, crisps and fizzy drinks. They are not needed for a healthy diet and should only be eaten in small amounts.

**Fibre** is an important part of a healthy diet and helps reduce your risk of bowel cancer. Fibre keeps everything moving easily through your digestive system. Try increasing the amount of fibre in your diet gradually. Not everyone will be able to tolerate a high fibre diet.



As well as containing fibre, vegetables and fruit may also help to protect against bowel cancer because they contain antioxidants, which are substances that help to delay or prevent cell damage. We all know eating five portions of vegetables and fruit a day forms part of a healthy, balanced diet but do you know how to get your **5 A Day**?

We need **protein** in our diet to help our body repair cells and make new ones. There are many good sources of protein shown in the Eatwell Guide. These include chicken, fish, peas, beans, tofu and lentils. But there is strong evidence that eating a lot of red and processed meat increases your risk of bowel cancer.

**Alcohol** is linked to seven types of cancer including bowel cancer. Alcohol can damage cells, making them more likely to become cancerous. For cancer prevention, it's best not to drink alcohol at all.

People who are more physically active have a lower risk of bowel cancer. **Being active** can help you keep to a healthy body weight and helps to make you feel good.

Being overweight or obese and carrying a lot of weight around your waist can increase your risk of bowel cancer. Measuring your BMI (Body Mass Index) is a simple way of finding out if you're a healthy weight for your height.

For full details on all of the above – check out the Bowel Cancer UK Guide to Good Bowel Health [here](#).

## This Sunday at 3pm - Nationwide Test of Emergency Alert System



The new UK government's Emergency Alerts system will be tested nationally, this coming Sunday on 23<sup>rd</sup> April at 3pm.

The Emergency Alerts system will enable people to be contacted via their mobile phone when lives are in danger. It will be used to warn you in emergencies such as severe flooding.

An Emergency Alert is a loud, siren-like sound with a message on your mobile phone screen. Listen to the sound [here](#).

### Reasons you might get an alert:

- severe flooding
- fires
- extreme weather

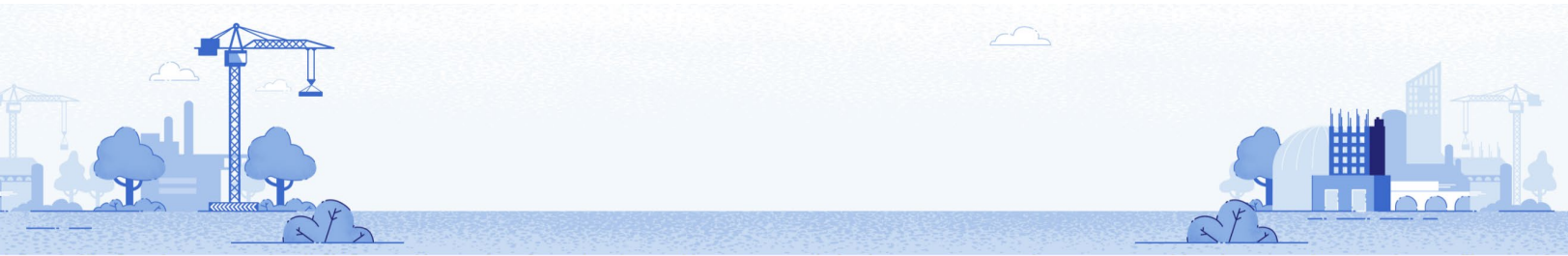
Emergency alerts will only be sent by:

- the emergency services
- government departments, agencies and public bodies that deal with emergencies

### What happens when you get an emergency alert

Your mobile phone or tablet may:

- make a loud siren-like sound, even if it's set on silent





- vibrate
- read out the alert

The sound and vibration will last for about 10 seconds. An alert will include a phone number or a link to the GOV.UK website for more information.

You'll get alerts based on your current location - not where you live or work. You do not need to turn on location services to receive alerts.

Emergency Alerts are sent to all compatible mobile phones when there's a danger to your life, health or property in the area you're located. They don't track your location, need your phone number, or collect personal data. Only the government and the emergency services will be able to send them. If you receive an alert, you will hear a loud siren-like sound for up to 10 seconds and a message will appear on the screen until you acknowledge it.

### **If you're driving or riding when you get an alert**

- You should not read or otherwise respond to an emergency alert whilst driving or riding a motorcycle.
- If you are driving, you should continue to drive and not respond to the noise or attempt to pick up the mobile phone and deal with the message.
- Find somewhere safe and legal to stop before reading the message. If there is nowhere safe or legal to stop close by, and nobody else is in the vehicle to read the alert, tune into live radio and wait for bulletins until you can find somewhere safe and legal to stop.

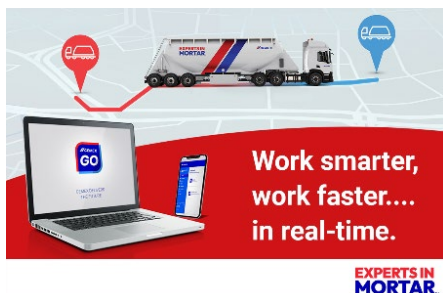
It is illegal to use a hand-held device while driving or riding.

To find out more, visit [gov.uk/alerts](https://gov.uk/alerts)



## **CUSTOMER CENTRICITY**

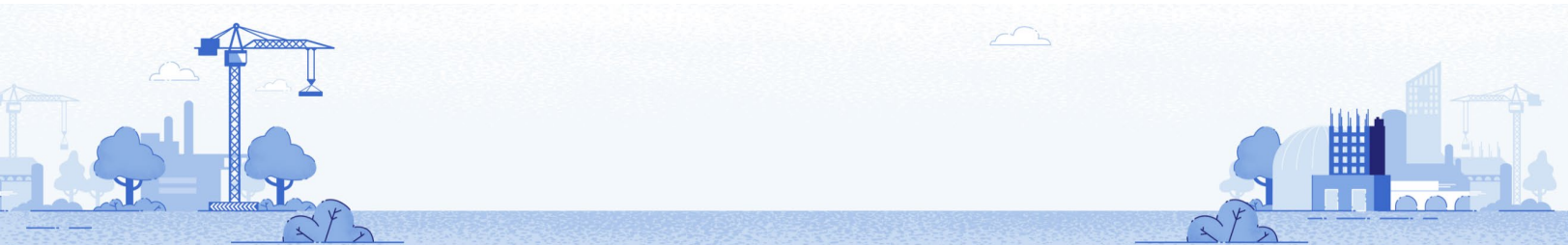
### **Go Go Cemex Go for Mortars**



This week Cemex's Urbanisation Solutions business launched Cemex Go Mortar, a new digital platform designed specifically for our Dry Mortar customers.

Cemex Go Mortar is a separate entity to Cemex GO, however, the platform will utilise the same branding for an integrated Cemex approach.

Cemex Go Mortar will enable our customers to manage their full job site documentation in one single place, giving them instant control over quoting and orders at a click of a button. This will allow our mortar customers to work smarter and faster with 24/7 connectivity to



job site information in a single location, reducing their administration time and the handling of loose paperwork.

Ryan Farrell, ECR Construction - Brickwork Contractor, who is already using Cemex Go Mortar said: "The Cemex Go Mortar platform is an asset to our company! It is incredibly simple and easy to use and it's key to have a history of our orders all in one place, available for us to access at any time we need it. It also enables quick and easy repeat orders, saving us having to repeat information."

If you need further information please contact Marketing's [Caroline.Gardner@cemex.uk](mailto:Caroline.Gardner@cemex.uk)



## FUTURE IN ACTION

### Cemex Philippines Reaches Milestone in CO<sub>2</sub> Reduction



Cemex Philippines (CHP) achieved a 50% reduction in CO<sub>2</sub> emissions generated by its two cement subsidiaries, Solid Cement Corporation and APO Cement Corporation, from 1990-2022. Based on public declarations, this is the highest CO<sub>2</sub> emissions reduction in the industry, establishing Cemex's commitment to decarbonising its operations through its Future in Action program.

From 2020 to 2022 alone, CHP reduced 18% of its net CO<sub>2</sub> emissions, representing 36% of the total CO<sub>2</sub> reduction since 1990, demonstrating the company's accelerated efforts to further reduce its cement operations emissions.

"This milestone CO<sub>2</sub> reduction was possible because of our team's high commitment to achieve net zero. We are on track to meet our ambition of less than 430kg of net CO<sub>2</sub> per ton of cement by 2030 and deliver net-zero CO<sub>2</sub> concrete by 2050," commented Luis Franco, Cemex Philippines President, and CEO.

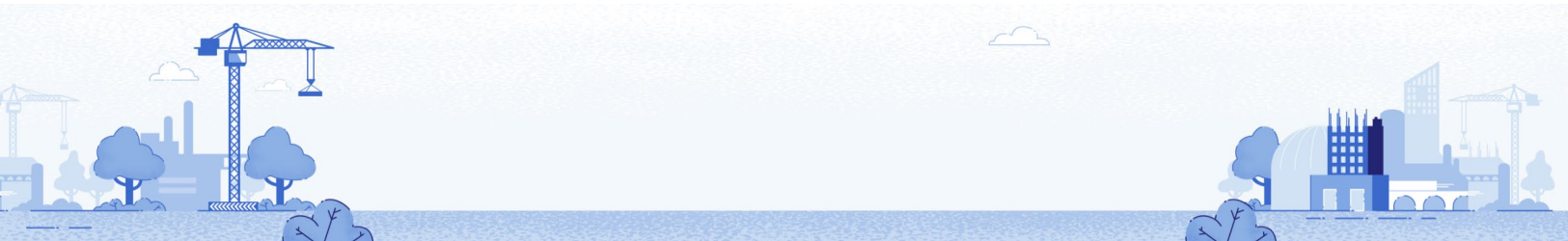
Read full press release [here](#)

### MP Fabian Hamilton Visits Leeds



Cemex were pleased to welcome Fabian Hamilton, the Member of Parliament for Leeds North East and Shadow Minister for Peace and Disarmament, Latin America and the Caribbean, to our Leeds Concrete plant.

As part of this visit, we showed Fabian how the plant operates, discussed the projects which we supply in the region, the wider industry, and ran through our Vertua® family of sustainable products and solutions.



We also discussed how we can promote bilateral relations between the UK and Mexico, as part of Fabian's role as Shadow Minister for Latin America, and we look forward to working with Fabian to deliver closer ties between our two nations.

Cemex Public Affairs team would like to thank Fabian for visiting us, and to Richard, Dom and Tracey for their expertise and for facilitating this visit.



## PROFITABILITY

### Investments into UK Cement Business



Cement plays a vital role in the construction industry, and our operations must continually improve to meet the needs of our customers and market demand, while keeping those who work for us and with us safe.

We are investing heavily into our UK cement operations to meet our sustainability and capability goals, and we are proud to share this video which will talk through these investments now and what they mean for our customers and our planet.

Thank you very much to the UK cement team for all their help and participation in this video!

Watch the video [HERE](#)

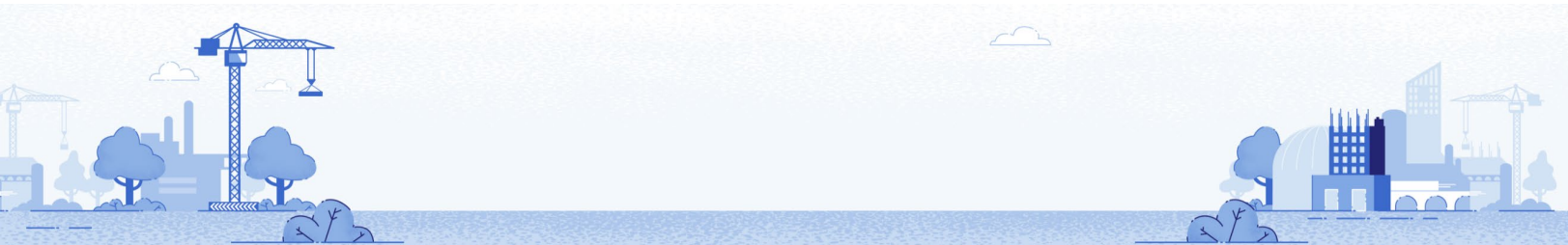
### Cemex Investment to Further Support Safe and Sustainable Rail Mobility Needs in UK



Cemex has completed a significant investment into its rail solutions facility at Somercotes in Derbyshire. This development was undertaken to meet increasing customer demand for its concrete bearers for switches and crossings.

As a result of this investment, Cemex will be able to manufacture an additional 18,000 linear metres of bearers for switches and crossings every year. This additional capacity is vital to meet the requirements of Cemex's clients in the rail sector.

The improvements entailed the construction of a building which houses a new crane for moving products and the existing stressing frames were repositioned into this facility. This allowed for space in the main building for a new 50m twin cell rail bearer mould. There is also space for further expansion when this is needed.





As well as rail bearers, the new development can produce the heavily engineered, low volume complex sleepers that are required for key rail infrastructure projects. This will further allow Cemex to better facilitate the complex, bespoke characteristics of its rail solutions, while meeting the highest standards in terms of safety and sustainability.

The new Somercotes facility was officially opened by Cemex's EMEA President Sergio Menendez on his recent visit to the UK (photo).

## Investments at Selby



Investment at Cemex's Selby Asphalt plant and depot has resulted in a new capacity bucket reducing loading time whilst increasing efficiency, the shovel meets tighter emission control regulations thus helping to reduce the site CO<sub>2</sub> emissions.



Additionally, investment in 2022 led to three new bitumen tanks, as an energy reduction trial – being coloured black, the sun heats the outside of the tanks improving energy efficiency.



## EMPLOYEES

### Thanks For Your Effort – 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.

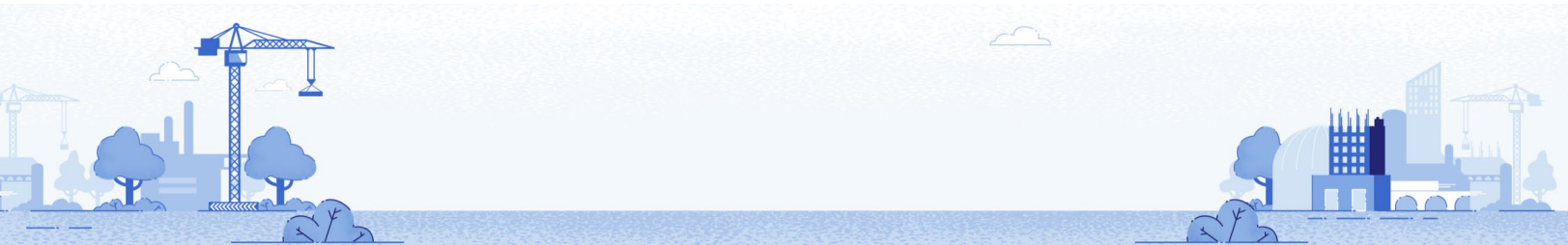
Please email: [gb-hrplanning@cemex.com](mailto:gb-hrplanning@cemex.com) for a nomination form or use the form on the UK News website: [www.cemexuknews.co.uk](http://www.cemexuknews.co.uk)

### MPA Nature Photo Competition



To celebrate MPA members' achievements in creating amazing spaces for nature, the MPA are holding their 5<sup>th</sup> photo competition.

There are two categories – firstly, for all employees and contractors from our member companies and secondly, for volunteers at restored mineral sites.





Entries can be images of species (both Fauna and Flora) and habitats (including their landscape setting) found on operational quarries, partly or fully restored sites or any site plant.

The competition is open until **14<sup>th</sup> September 2023** and any photographs entered must have been taken between 1<sup>st</sup> January 2023 and 13<sup>th</sup> September 2023 to allow all the seasons and different wildlife to be captured.

Winners will be announced, and images showcased at the MPA Quarries & Nature event in Autumn 2023. They will also be included in the Quarries & Nature calendar for 2024.

Prizes of vouchers for photographic equipment will be awarded to first, second and third placed winners. Find out more and to see last winners click [here](#).

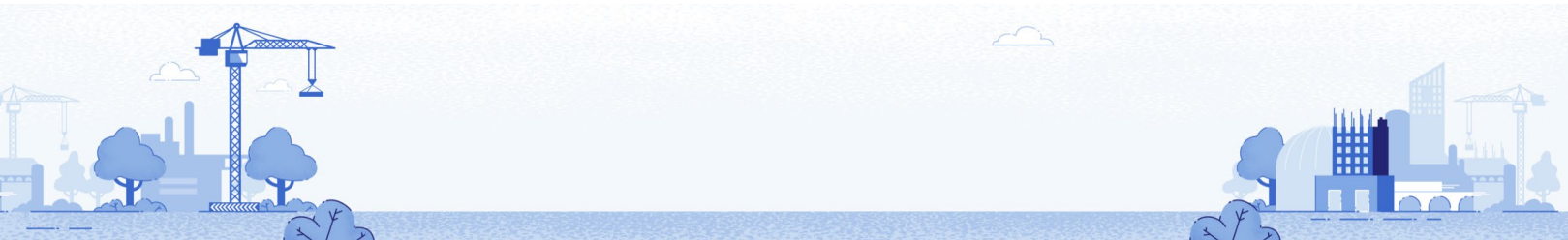
### Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
83-04-2023	Plant Supervisor	Urbanisation Solutions - DSM	DSM - Braintree	27/04/2023
84-04-2023	Laboratory Technician	Materials - Quality and Product Technology	Southam	01/05/2023
85-04-2023	Weighbridge Operative	Materials - Aggregates	Dove Holes Quarry	02/05/2023
86-04-2023	Operative (Nights)	Materials - Aggregates	Dagenham Wharf	02/05/2023
87-04-2023	Estimator	Cemex Floors	Wick	03/05/2023
88-04-2023	Graduate Legacy Landfill	Sustainability - Legacy Landfill	Hub Office	03/05/2023
89-04-2023	Fitter	Aggregates - Midlands	Swinderby Quarry	03/05/2023

### 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.





# World Day for Safety and Health at Work

28 April 2023



EVERYONE LOOKS  
AFTER THEMSELVES  
AND EACH OTHER



# TAKE 5 TOGETHER

TAKE 5  
TOGETHER  
AND STAY  
SAFE EVERY  
DAY

If you see my parent  
working unsafely, please  
stop them!

Ensure your colleagues  
can return home to their  
families.



**TAKE 5 TOGETHER – LOOK  
OUT FOR EACH OTHER**





# TAKE 5 TOGETHER

**I Chose to Look The Other Way –  
I could have saved a life that day  
by Don Merrell**

I could have saved a life that day,  
But I chose to look the other way.  
It wasn't that I didn't care,  
I had the time, and I was there.

But I didn't want to seem a fool,  
Or argue over a safety rule.  
I knew he'd done the job before,  
If I spoke up, he might get sore.

The chances didn't seem that bad,  
I'd done the same, He knew I had.  
So I shook my head and walked on by,  
He knew the risks as well as I.

He took the chance, I closed an eye,  
And with that act, I let him die.  
I could have saved a life that day,  
But I chose to look the other way.

Now every time I see his wife,  
I'll know, I should have saved his life.  
That guilt is something I must bear,  
But it isn't something you need share.

If you see a risk that others take,  
That puts their health or life at stake.  
The question asked, or thing you say,  
Could help them live another day.

If you see a risk and walk away,  
Then hope you never have to say,  
I could have saved a life that day,  
But I chose, to look the other way.



# TAKE 5 TOGETHER

## FOCUS SHEET - APRIL 2023



During April, we would like you to spend time together as a team reflecting on Take 5 Together and the important role it plays in our operations.

To help with this, we have created a short video. We ask each team to watch and discuss the video together using the talking points below as a guide.

We would love to hear your feedback on the videos and the discussions you have as a team! Please share any comments you have with your Health & Safety representative.

### APRIL FOCUS: TAKE 5 TOGETHER

As a team, get together for between half an hour and an hour in a suitable location. Start by watching the film and then have a short discussion about Take 5 Together.

### TALKING POINTS

- **What benefits does Take 5 Together bring?**
- **Do you find it is difficult to intervene with a colleague?**
- **Would you allow a colleague to intervene with you in case of danger or even doubt**
- **In the film, it is said "Take 5 Together is my Duty"! what do you understand there?**
- **Why in the film, do the colleagues shake hands after their interaction?**
- **Is Take 5 Together only applicable between colleagues?**
- **How can we encourage each other to always 'step in' and apply Take 5 Together?**
- **Do we regularly share our interaction activity levels to help maintain focus on this subject?**

### NEXT STEPS

- Practise doing a Take 5 Together, step in, identify the risks together, think together about the appropriate control measures.
- As you go about your day remember "We don't let anything go". Be sure to "Step In" systematically, in case of danger, deviation or even doubt.
- Remember: we stand together as a team, we systematically intervene, even in the case of a minor deviation.
- Make this Take 5 Together mobilisation last throughout April by systematically interacting individually or as a team.
- Make this Take 5 Together campaign part of your meetings, conversations, and interactions throughout April.
- Consider having a weekly review of the campaign with your team
- Consider using the training package if you feel a refresher is needed and utilise the posters to further promote it at your site.

