



Welcome to UK News 27th April 2023  
your weekly update from around Cemex UK

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social media channels



## HEALTH & SAFETY

### Stop, Think, Act Safety Talk - Slips, Trips and Falls




Slips, trips and falls account for over half of our most serious workplace injuries across Cemex UK's operations in the last 12 months. At the end of this document, and on the UK News download page: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads) you can find our **Stop, Think, Act Safety Talk -**

**briefing tool for managers.** This document is intended to help facilitate discussion between local teams about some of the recent incidents colleagues have suffered, typical hazards and risks that can lead to injury, and reminders of how we can keep ourselves safe, along with one or two good practice examples of workplace standards.

#### For All Managers and Supervisors

Please use the materials with your teams, to lead discussions and consider carrying out some of the suggested exercises:

1. Review housekeeping standards and implement / embed 5S with support from the Operational Excellence Team where appropriate.
  2. Hold a hazard spotting exercise and consider how slip / trip hazards can be eliminated; refresh the painting of remaining trip hazards, stairways and handrails.
  3. Ask the team to display Get a Grip signs in prominent locations.
  4. Reinforce Get a Grip through a campaign to observe everyone using 3 points of contact getting in / out of vehicles.
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## Work Life Balance – Good Email Practice



### Use good email practice to ease workload

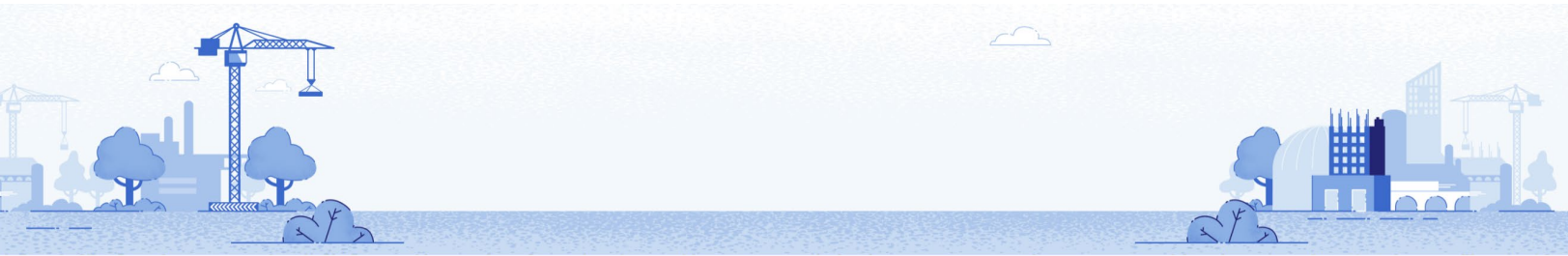
Those of us who work in a role that requires computer use will understand the impact that emails can have – not just on our working day but also our ability to switch off when we head home or are away on holiday.

So often we find ourselves caught in never-ending chains of emails that we are not involved in or coming back to mountains of emails after annual leave.

The Wellbeing Strategy group, therefore, wants to share best practice when using emails – please take note of these recommendations and implement them in your work. This will hopefully help people to have better control of their inbox and reduce feelings of being overwhelmed!

- While there can be challenges because of the international scope of our business, it is really important that emails sent out of work hours are kept to a minimum, unless urgent.
  - Be particularly mindful of this if you are a manager – consider the expectation it is placing on your team if you send emails over the weekend, or when on holiday for instance.
  - We know that sometimes you may need to catch up on emails outside of work hours – however, use the delay delivery option to postpone the time the email will be received to the next morning.
- Don't automatically hit 'Reply All' on an email thread – does everyone currently cc'd in need to receive your response? If not, take them out and just respond to the people affected.
  - Be especially aware of this when emails are more 'admin' related – you do not need to confirm a meeting time with all 10 people on an email, if only three of them are attending!
- If you're about to email someone and notice they are out of office is on, or if you reply to a group email and see someone in thread is away, take a few moments to think whether you must send that email to them now.
  - It can feel a real challenge to get back on top of emails after time away from the business.
  - Help out your colleagues by waiting till they return if you can.
  - Or, if there is an email thread that is likely to continue developing while they are away, remove them from the thread and then send the latest update to them just before they return.
- Finally, ask yourself – does it need to be an email? Instead, could you give the person a call, or even speak to them face to face if they are at the same site as you?

There will always be occasions when urgent emails need to be sent out of hours, or to big groups of people. But if we all make a conscious effort to minimise email overload, we can help ourselves and our colleagues to switch off, take a break and return to work refreshed and motivated!



## Making it Personal



This week Mike Higgins, National Technical Manager and Sonny Netto, Health and Safety Adviser, got together the team at the UK National Technical Centre for a morning to review and discuss Take5 and Take5Together. The session was excellent, well delivered and very thought provoking.

Following the stories shared during the session, Mike has made a small addition to his Take5 book as a reminder of the importance of #stopandthink **What could you do to help remind you to Take5?**

## 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.

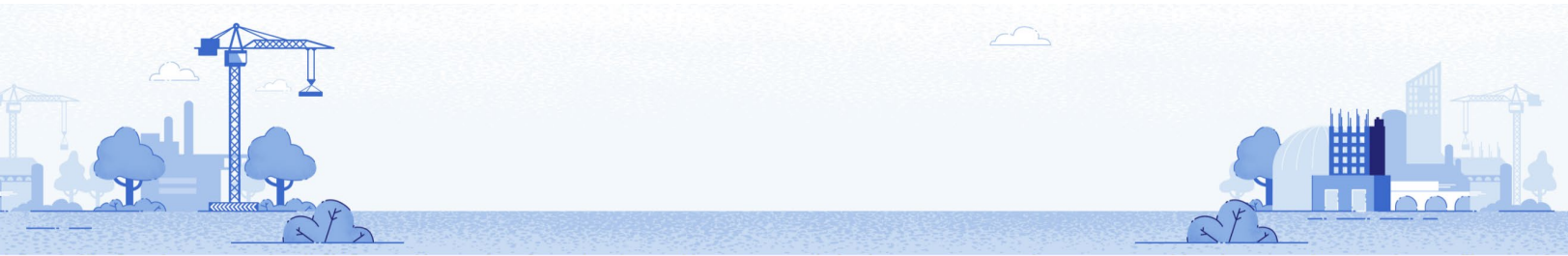
All of us at Cemex are committed to our number one priority; Health & Safety. Nothing is more essential than protecting the employees, contractors and others we interact with each day, as well as ourselves.

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: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads) [here](#).
- 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.

## Bowel Health Screening



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 simple steps for good bowel health. This week we are sharing some further information about screening. Screening is a way of testing healthy people to see if they show any early signs of cancer.

Bowel cancer screening can save lives. Screening aims to detect bowel cancer at an early stage, when treatment has the best chance of working. The test can also find polyps (non-cancerous growths), which might develop into cancer. Polyps can usually be removed, to lower the risk of bowel cancer.

### What is bowel cancer screening?

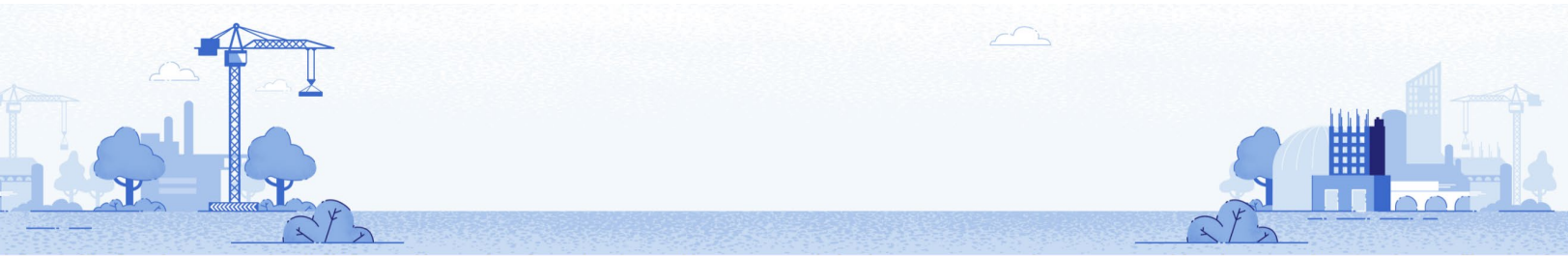
Each of the bowel cancer screening programmes in the UK use home tests called the Faecal Immunochemical Test (FIT). FIT looks for hidden blood in poo. If you're registered with a GP and within the eligible screening age range, a test will be automatically posted to you, so you can complete it in the privacy of your own home.

In England from April 2021, the NHS in England will gradually reduce the age range for bowel screening. This will be phased over the next four years to include people aged 50-59.

In Scotland, screening starts from age 50. In Wales you will be invited to take part in bowel cancer screening if you're aged between 55 and 74.

You will be invited to take part in screening every two years until you reach the age of 75.

If you are below the screening age and are worried you may have symptoms of bowel cancer, go to see your GP. Bowel cancer is more common in people over the age of 50, but it can affect anyone of any age.



## Faecal immunochemical test (FIT)

The bowel screening programmes across the UK uses a test called a Faecal Immunochemical Test (FIT). The test has a stick attached to the lid. This is used to take one small poo sample and then placed back into the tube. You will be given a self-sealing, freepost envelope to send the test back to the screening centre. Full instructions and a detailed information leaflet will be sent to you with your invitation and test. You will get your test results in about two weeks.

Most people will be told no further investigation is needed. This doesn't mean that you don't have or won't get bowel cancer so you should still see your GP if you have any symptoms. You will receive another test in two years.

Some people will be told that further tests are needed. This doesn't mean you have cancer. The bleeding could be caused by a non-cancerous growth or another health problem. You will be offered more tests, such as a colonoscopy, to find out what is causing the bleeding.

For further information, visit the [NHS website](#).

We have compiled a range of resources that you can print off and display at your sites:

- Bowel cancer fact card
- Symptoms poster
- Diary for recording symptoms
- Guide for maintaining good bowel health
- Graphic with QR code, where you can access all these resources in one place



## FUTURE IN ACTION

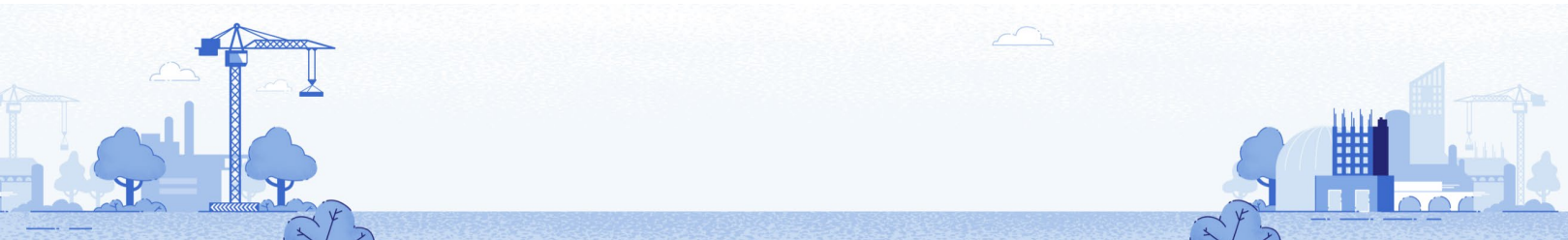
### 70 School Children Visit Cement Plant



Talking about the cement making process to 8 and 9-year-olds is often simplified by likening the process to baking. With all the chalk slurry and other raw materials being referred to as key ingredients and the kiln being referred to as the oven, which is 10 times hotter than domestic ovens, this heightens the children's excitement about our complex processes.

70 children from Bilton Junior School, along with parents and teachers, visited Rugby Cement plant last week. They enjoyed an introduction to Cemex and a tour around parts of the plant.

After spending some time at the top of the pre-heater tower, some could be heard asking: "Do you know where my grandma's house is?" Obviously we couldn't answer that questions, but as Cemex, we continue to use these visits as an opportunity to introduce the



younger generations to the industry and explain how Cemex is building a more sustainable future which recognises the importance of improving its processes to reduce and eliminate CO2 emissions.

We also got to speak to Cemex employee, Lee Marriot, who was on a similar visit over 20 years ago. Perhaps it was that visit which inspired him to work for Cemex.

## Cemex UK Achieves CO2nstructZero Business Champion Status



Cemex has announced that it has been named as an official Business Champion of the Construction Leadership Council's CO2nstructZero programme.

CO2nstructZero facilitates collaboration between construction companies that are demonstrating initiative in relation to carbon reduction, sharing their good practice with others from across the sector, and providing a set of metrics that enables the industry, quarterly, to collectively measure its progress to net zero.

This is the latest commitment from Cemex as part of its ongoing efforts to be a net zero operation by 2050 in line with its Future in Action strategy, and demonstrates its continued leadership in this regard on every level; from local to global.

You can read the full press release [here](#).

## Save Our Wild Isles – Business and Economic Activity Relies on Nature



Inspired by **Wild Isles**, the iconic BBC nature documentary series, WWF, the RSPB, the National Trust and Silverback Films have come together to produce four films for businesses and organisations across the UK. Business leaders Deborah Meaden (Investor and entrepreneur), Dame Sharon White (Chairman John Lewis Partnership), Ken Murphy (Group CEO Tesco), Dame Alison Rose (CEO NatWest Group), David Thomas (CEO Barratt

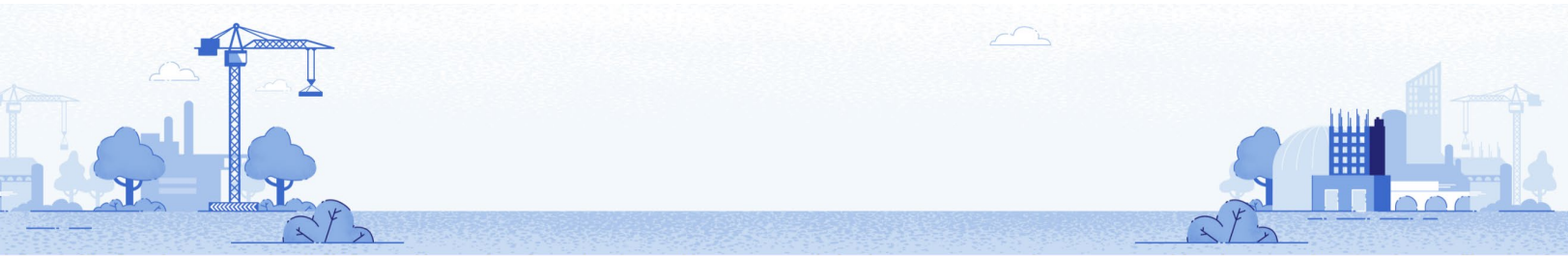
Developments), explore why the biodiversity crisis is bad for business & how our businesses can help.

Watch now via links below:

[The Business of Nature film | Save Our Wild Isles](#)

[Banking on a Wilder Tomorrow film | Save Our Wild Isles](#)

[Save Our Wild Isles](#) is in collaboration with the RSPB, WWF and National Trust



## Calling All Amateur Photographers



*Celebrating Natural Wildlife*  
AT OUR CEMEX EMEA SITES

We are delighted to invite you to take part in our first Wildlife Photography Competition open to all EMEA employees, launched for Global Earth Day.

Cemex actively protects and nurtures biodiversity at all sites through careful environmental management and education.

Our photography competition is to celebrate diversity of wildlife at our sites, since every organism is part of an

ecosystem which needs protection for a richer, stable and resilient environment as we progress towards being Nature Positive by 2030.

Please submit your photos capturing images of wildlife and habitats at any Cemex site by sending an email to [sean.cassidy@cemex.com](mailto:sean.cassidy@cemex.com) (or use the QR code in the poster at the end of this document, or on the UK News download page: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)) with your contact details and a very brief description of your photos. **Maximum of three images per person, with typical file resolution up to 5MB, typical of any smart phone.**

The competition is open from 22<sup>nd</sup> April to 15<sup>th</sup> September 2023. All photos submitted are likely to be used in our internal and external communications channels. Please see poster and rules, terms and conditions at the end of this document and on the UK News download page: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)



## PROFITABILITY

### How is Cement Made?

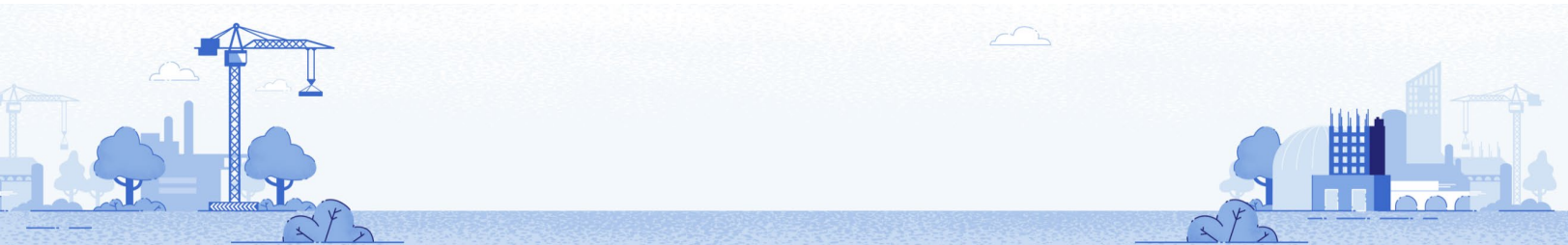


We are proud to present a second video focusing on our UK Cement operation - this time a step-by-step guide through the complicated chemical process which is undertaken to make Cement.

Cement is the glue which holds our infrastructure together and we believe this video will be greatly appreciated by those wanting to learn more about it!

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

Watch the video [HERE](#)





## EMPLOYEES

### Driver Fine Avoidance



Alphabet have compiled a trend analysis which had seen up to a 50% increase in fines in the last four months of 2022, particularly around penalty charge notices (PCNs) that were issued for parking infringements across Britain.

By taking the time to read the guide at the end of this document, and on the UK News download page: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads), you will be armed with

the knowledge of how to avoid these fines and charges.

### Global Awards – Save the Date



#### Date & Time

May 18<sup>th</sup>, 16:00 pm

9:00 Mexico | 11:00 NY | 16:00 London  
17:00 Madrid | 23:00 Manila

REGISTER HERE



The Cemex 2023 Global Awards are taking place on 18<sup>th</sup> May at 4.00pm. Save the date in your diaries.

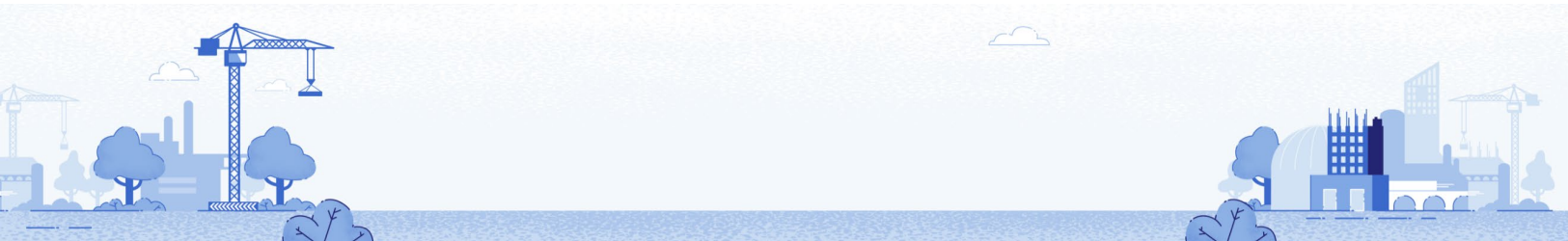
To register on Zoom click [here](#)

### Do you know a Future Apprentice?



We continue to benefit from the CEMEX UK Scheme at our UK National Technical Centre and are now looking to recruit further apprentices into the team. If you know someone is looking for a challenging but exciting career in the construction materials industry, starting off in materials testing is a solid grounding for your career.

You can find more details [here](#) and if you know someone – they can apply through our partner, [Tiro](#).



## 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)

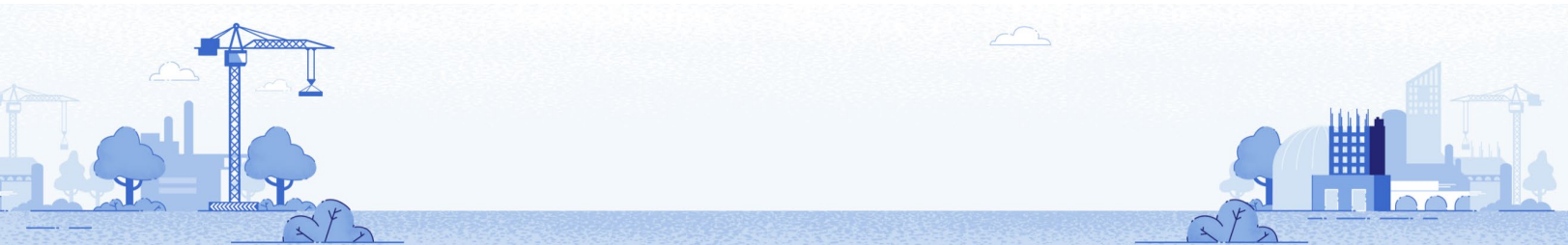
## Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
90-04-2023	Plant Operative	Aggregates - Midlands	Swinderby Quarry	09/05/2023
91-04-2023	Assistant Quarry Manager	Materials - Aggregates	Willington Quarry	10/05/2023
92-04-2023	Assistant Quarry Manager	Materials - Aggregates	Alrewas Quarry	10/05/2023

### 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.





STOP THINK ACT

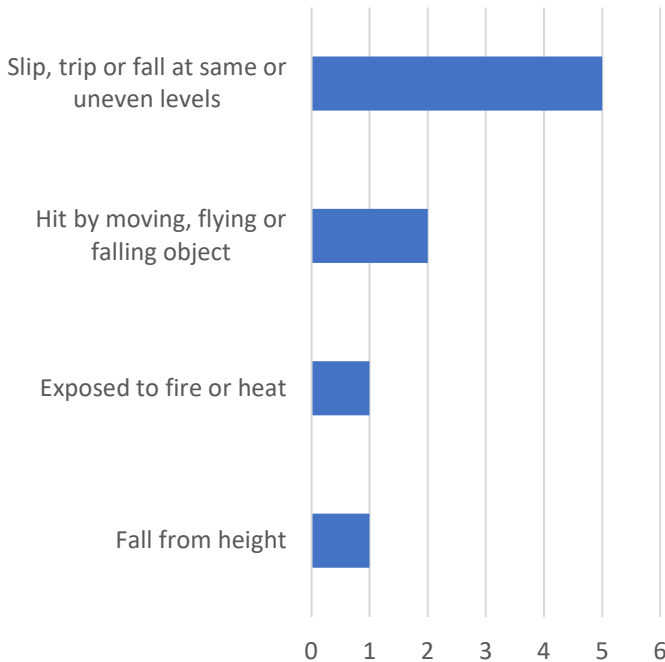
# SAFETY TALK

## SLIPS TRIPS & FALLS

### A briefing tool for managers

#### Introduction

*Slips, trips and falls are responsible for over half of our most serious workplace injuries across Cemex UK Operations over the last 12 months:*



#### Fall From Vehicle Ladder



**X**  
Get a firm grip of grab handles when getting in / out of vehicles

*An agency driver was delivering to a customer. As he exited the cab, he appeared to miss the bottom step and fell to the floor, banging his head. He was taken to hospital and was diagnosed fractures to both collarbones.*

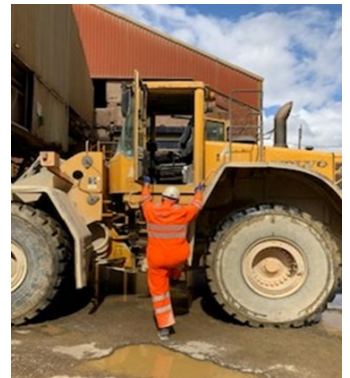
#### Head Injury – Stitches & Glue

*An employee was checking to see if there was a fault on a quarry crusher. As he left the area, his boot lost grip due to the wet conditions and he fell backwards, landing on the crusher walkway with his head striking the kickplate. This resulted in a laceration to the back of his head which required 7 stitches and glue to seal the wound.*



#### Fractured Wrist

*An employee parked his wheeled loader so he could walk to the canteen. The site was busy and a customer had parked in the usual stopping area, so the operator parked in another area to keep the traffic route through the site clear. The operator stepped down to ground level, but as he turned to walk away, his foot slipped into a pot hole; he suffered a twisted ankle and fractured a bone*



#### GET A GRIP

Hold handrails on stairways and use three points of contact getting into / out of vehicles.



#### HOUSEKEEPING

Keep designated access routes and work areas tidy and free from trip / slip hazards.





STOP THINK ACT

# SAFETY TALK

## SLIPS TRIPS & FALLS

### Preparation

This stop and think talk can be used individually or with a group. It could be delivered in a general work area, or near a vehicle, mobile equipment or steps & stairways to enable discussion about relevant issues, taking care that the area is segregated from traffic, vehicles are isolated, and people can hear what you are saying. Participants should receive a copy of the talk for their Continuing Professional Development (CPD) / Training files as well as signing the training declaration.

### Introduction (After discussing the case studies)

We have suffered several slip, trip and fall injuries due to workplace conditions, people failing to Take 5 and stop & think, or not maintaining 3 points of contact when getting on / off vehicles, going up / down stairways or ladders. These events highlight the need for everyone to ensure they always adopt 3 points of contact, take care when stepping down and also ensure that housekeeping standards maintain a clean & tidy work area to avoid slip, trip and fall hazards.

### THE TALK

Use the questions below to open the discussion under each heading and then go through the lists explaining in detail each hazard / control and what is expected

#### Hazards

##### Question 1 – What hazards/factors contribute to slip, trip and fall incidents?

- Haste / shortcuts – running / missing a step
- No handrail or not using the handrail(s)
- Shoes dirty / greasy / worn tread
- Poor lighting
- Poor housekeeping
- Footwear not offering sufficient ankle protection
- Stepping down onto uneven or soft ground
- Stepping onto objects
- Worn / slippery steps
- Not using correct means of access / egress
- Carrying tools / equipment / mobile phones, drinks, etc. whilst going up and down stairs
- Complacency

#### Controls

##### Question 2 – What are the controls for these hazards

- Do not rush, run or miss steps - they have been designed for your safety
- Challenge anyone not holding a handrail
- Complete a hazard alert card for stairs which are missing a handrail
- Ensure the wearing of lace-up safety boots on operational sites - rigger boots and other pull-on boots do not offer sufficient ankle protection
- Ensure boots are clean, free from dirt & grease and in a good condition
- Use the principles of 'MYSPACE' when stepping down – what can hurt me? Check for uneven ground or stepping onto objects and equipment.
- Maintain good housekeeping standards
- Avoid carrying anything whilst going up/down steps
- Look out for and challenge unsafe behaviours...Step In and Take 5 Together.

#### Controls cont'd

##### Question 3 – What additional controls can be used to raise awareness

- Use 'Get A Grip' stickers or signs on high-risk areas to raise awareness
- Yellow Anti-Slip Paint – particularly to highlight heavily trafficked areas, changes in direction or changes in level



Grating Anti Slip Grips – to offer additional grip on worn or polished gratings. These are simple to install and are a good idea to fit on where there is a greater potential for slips, and falls.



#### AND FINALLY...

Some team exercises to reinforce the learning points:

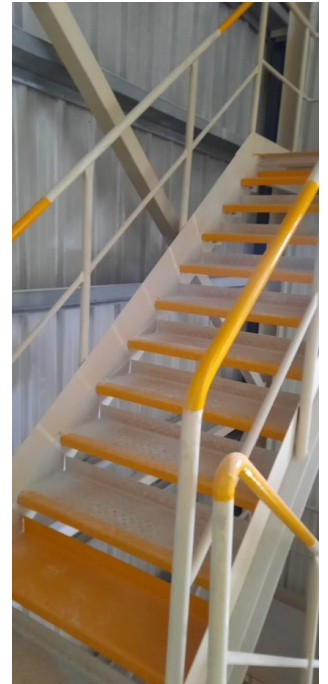
1. Review housekeeping standards and implement / embed 5S with support from the Operational Excellence Team where appropriate.
2. Hold a hazard spotting exercise and consider how slip / trip hazards can be eliminated; refresh the painting of remaining trip hazards, stairways and handrails.
3. Ask the team to display Get a Grip signs in prominent locations.
4. Reinforce Get a Grip through a campaign to observe everyone using 3 points of contact getting in / out of vehicles.



# SAFETY TALK

## SLIPS TRIPS & FALLS

### GOOD PRACTICES:





STOP THINK ACT

# SAFETY TALK

## SLIPS TRIPS & FALLS

### Slips Trips & Falls – Training Record

The people listed below have received instruction in avoiding [Slip Trips & Falls](#) as detailed on the previous pages. By signing below they are confirming that they understand the safe systems of working discussed and will adhere to these in the workplace.

Date	Name	Signature	Instructed by

Copies of all training records shall be maintained by local management with a copy being sent to the local Human Resources (HR) Manager/Administrator. Records of all training should also be maintained by each employee in a Continuing Professional Development (CPD) / Training File.



FUTURE  
IN  
ACTION



## *Celebrating Natural Wildlife* AT OUR CEMEX EMEA SITES



We are delighted to invite you to take part in our 1st **Wildlife Photography Competition** open to all EMEA employees, launching ahead of **22nd April 2023 – Global Earth Day**.



Cemex actively protects and nurtures biodiversity at all sites through careful environmental management and education. Our photography competition is to celebrate diversity of wildlife at our sites, since every organism is part of an ecosystem which needs protection for a richer, stable and resilient environment as we progress towards being Nature Positive by 2030.



Please submit your photos capturing images of wildlife and habitats at any Cemex site by sending an email to [sean.cassidy@cemex.com](mailto:sean.cassidy@cemex.com) (or use this QR code) with your contact details and a very brief description of your photos. **Maximum of three images per person, with typical file resolution up to 5MB, typical of any smart phone.**



**COMPETITION IS OPEN FROM 22ND APRIL TO 15TH SEPTEMBER 2023**

**ALL PHOTOS SUBMITTED ARE LIKELY TO BE USED IN OUR INTERNAL AND EXTERNAL COMMUNICATIONS CHANNELS**

PLEASE SEE RULES, TERMS AND CONDITIONS AS ATTACHED

## **Terms and Conditions – EMEA Wildlife and Biodiversity Photographic Competition – UK only.**

This competition is open to Cemex UK employees only. However, contractors working on behalf of Cemex can also submit an entry to the competition.

Photographic entries must be taken at either Cemex UK Materials or Cemex UK Operations sites. Which can include restored sites still under Cemex management.

Where possible the images need to demonstrate that thought has been given to the competition theme: Wildlife and Biodiversity.

Entrants can submit a maximum of 3 photos as digital images only, no hard copy prints will be accepted.

Photographs submitted in digital form should ideally be about 5mb in file-size, with a recommended maximum of 10mb per email, so that they don't get blocked by our mail filters.

Contact details will need to be provided, including the photographer's name, and either a telephone number or email address. Personal details will only be used for the purpose of administering the competition and will not be published or provided to anyone outside of the competition partnership without the photographer's permission.

Provide a unique title to each of your images, to differentiate them when they are judged anonymously and randomly.

Entries should be sent to photos by e-mail to [sean.cassidy@cemex.com](mailto:sean.cassidy@cemex.com). Unfortunately, we cannot accept postal entries at this time.

The closing date for entries is 15<sup>th</sup> September 2023. Any entries received after this date will not be considered unless a valid reason can be given, which is acceptable to the competition organisers.

A confirmation receipt will be issued when we received email entries. If you don't receive this, get in touch with us so we can follow this up with you. Unsuccessful entrants will not be contacted and there is no obligation to feedback on any photographic entry.

A panel of impartial judges will select winning entries.

The entries will be judged according to the following criteria:

- overall impact
- relevancy to category topic
- originality

The judges' decision will be final, and no correspondence can be entered into.

The entrants must be the sole owner of copyright in all photos entered.

Copyright in all images submitted for this competition remains with the respective entrants. However, in consideration of their providing the images for the competition, each entrant is party to this contractual Agreement with Cemex UK Materials Ltd and Cemex UK Operations Ltd and agrees that Cemex can feature any or all the submitted images in any of their publications, social media, website or in any promotional material, which may include display materials. As part of announcing the results, Cemex will also need to share the images with local press contacts. All images used will be credited to the photographer.

All entries must be the original work of the entrant and must not infringe the rights of any other party. Further, entrants must not have breached any laws when taking their photographs.

Take your photos responsibly. Seek relevant permissions for taking photos where required and always follow the Countryside Code.

The entrant must have obtained permission of any people featured as subjects in the entries, who are clearly identifiable in the image.

If desired, entrants may choose to enhance their images to improve their visual appeal. Global or local processing of the captured image, by cropping, exposure adjustment, colour correction, noise minimisation, dodging/burning, HDR, focus stacking and sharpening, is allowed. The removal of blemishes, image defects, overlapping elements or distractions by cloning and so on is also permitted. However, nothing can be added to the images (e.g., replacing skies or other manipulation of composition). The judges reserve the right to exclude any image they believe may have had elements added or where the key items in the image, as seen by the photographer at the time the image was taken have been fundamentally altered.

The judges reserve the right to exclude any image they believe may have been excessively treated so as to alter its authenticity.

By entering, entrants will be deemed to have agreed to be bound by these rules and we reserve the right to exclude any entry from the competition at any time if we have reason to believe that an entrant has breached these rules, acted fraudulently in any way or brings us into disrepute.

Cemex reserves the right to cancel this competition or alter any of the rules at any stage, if deemed necessary. For example, if circumstances arise outside of our control.

If a winner is unable to be reached, after we've made reasonable attempts to contact them, we reserve the right to either offer the prize to a runner up, or to re-offer the prize in any future competition.

These rules are governed by the laws of England and Wales. This competition is administered by Cemex UK Materials Ltd & Cemex UK Operations Ltd.

### **Privacy notice**

To enter the competition, you have provided us with your personal data including your photographic entry(s). Cemex is the "data controller" of this information.

We process your personal data on the basis of our performing a task carried out in the public interest, which in this case is to raise awareness about Wildlife and Biodiversity at our sites. We also process your personal data because processing is necessary for the performance of a contract.

Data protection law gives you certain rights in relation to your personal data, including the right to request from the controller access to and rectification or erasure of your personal data or restriction of its processing, and to object to processing.

We protect your details in many ways. These include staff training, investing in technology and following strict handling and storing procedures.

If you have any questions about how we handle your personal information, or if you wish to contact us to exercise your rights in relation to your personal data, refer to the council's published privacy notice on our website.

If you raise a complaint with us about the way we have handled your personal data and you are dissatisfied with our response, you are entitled to raise a concern with Cemex. You can find further information about this on the Information Commissioner's Office (ICO) website.

# Fine avoidance

A drivers guide



# Increase in Driver fines continues

Alphabet have compiled recent trend analysis, and have seen up to a 50% increase in fines in the last four months, particularly around penalty charge notices (PCNs) that were issued for parking infringements across Britain.

Local authorities have seen the biggest rise. This guide is to help you stay vigilant where local authorities may have made changes and tips on how to avoid receiving a fine.



## Restrictions

Some local councils expanded the number of roads that have parking restrictions in place. Check whether new restrictions are in place before parking



## Waiting times

Be vigilant and check for any signage about parking restrictions and make sure you pay the appropriate fee and check the wait times



## Display

Make sure any parking permits, payment tickets or Blue Badges are clearly displayed



## Parking Apps

Make use of the parking App reminders allowing you to return on time and give you the option to extend if you're running late



## Update details

Keep your registration number and payment details up-to-date and double check that they're correct on any Auto Pay apps or accounts, e.g. make sure you're using '0' instead of 'O'



## Safeguard

If you breakdown, keep all your paperwork safe just in case you need it for a future appeal

Please check the Alphabet website for the latest information at [www.alphabet.com/en-gb/driver-guides](https://www.alphabet.com/en-gb/driver-guides)



Call us on **0370 0120 334**  
Or visit **[www.alphabet.co.uk](http://www.alphabet.co.uk)**

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