

HEALTH & SAFETY

Latest Health & Safety Improvements

Preston Asphalt Plant



During a recent audit at Preston Asphalt plant it was noted that the guarding around a large fan needed replacing. The fan is used for drying, heating and controlling emissions.

The new guarding is now installed and keeping site staff safe.

Liverpool Asphalt Plant



At the Local Asphalt plant in Liverpool a new exit barrier has been installed as a means to controlling traffic in and out of the stock yard.

The plant has a one-way system, but traffic sometimes needs to access through the no-entry point due to heavy traffic or some delivered loads.

The safest way to control this was by having a control fob in the cab of loading shovel. The loading shovel driver can then raise and lower the barrier without exiting their vehicle, to approach the other driver. A second control fob is then kept with the mixer operator in their cabin if needed.

Do you know the Symptoms of a Heart Attack?



The most common signs of a heart attack are sudden and persisting pain or discomfort in the chest that feels like pressure, tightness or squeezing. The pain may spread to either arm, the neck, jaw, back or stomach. You may also feel sick, sweaty, light-headed, or short of breath.



If you experience these symptoms, or others you are unsure about, don't hesitate, always seek medical attention immediately.

Please display our latest Cardi-O poster on all office workplace notice boards – it may just save a life! You can find the poster at the end of this document and on the UK News download page: www.cemexuknews.co.uk/downloads

Heart attacks are caused by the blood supply to the heart being suddenly interrupted. Without this supply heart muscles may be damaged and begin to die. Without treatment the heart muscles will experience irreversible damage.

If a large portion of the heart is damaged in this way, the heart stops beating (known as a cardiac arrest), resulting in death.

Further Heart Health Resources

Cardiovascular disease is one of the leading causes of death and disability in the UK. But it's largely preventable. So why is it such a big problem?

Awareness is a crucial factor. Many people don't understand how lifestyle impacts their heart health, and they also don't know their heart health stats.

New Leaf Health are hosting a free webinar on 7th September at 2pm, where you'll:

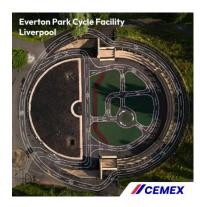
- Discover the impact of poor heart health on the workforce.
- See a workplace health screening in action.
- Learn how to minimise risks around poor heart health at work.

Book your place for free. Just click the link below to join!

<u>Register for the free webinar ></u>

CUSTOMER CENTRICITY

Everton Park Cycle Facility



Cemex Urbanisation Solutions has helped to deliver the successful completion of an innovative carbon reduction regeneration project at the historic Everton Park, Liverpool, to provide a brand new community cycling facility.

Funded by both Liverpool City Council and British Cycling, an underused part of Everton Park has been transformed into Liverpool's first purpose-built children's learn-to-ride facility. The £380,000 "Mini-Roads" scheme was delivered by highways contractor, Dowhigh Ltd, working in close partnership with Cemex and Shell Construction and Road to realise the partnership's first successful large-scale application

trial of Shell's Bitumen CarbonSink, a new bio-component binder which locks carbon into asphalt.



Shell Bitumen CarbonSink reduces carbon footprint by up to 250kg carbon dioxide equivalent per tonne of bitumen. The solution involves the addition of biogenic components engineered to ensure bitumen compatibility that won't compromise the performance characteristics of asphalt. The end result is an asphalt pavement that can be recycled whilst also retaining captured bio-carbon in the long term.

Scott Jones, Director Asphalt & Paving Solutions EMEA, comments: "Everton Park's new cycle track surface features a ground-breaking technical carbon sink, creating a hard-wearing asphalt road surface for thousands of future road users to enjoy for many years to come. With no compromise on quality or longevity, the new asphalt road is recyclable, and most of this carbon will not re-enter the atmosphere, even at the end of its life. Cemex is particularly keen to proactively support projects promoting sustainable urban mobility and is committed to reducing environmental impact by lowering the carbon footprint and increasing circularity – Everton Park has provided the perfect opportunity to showcase our expertise in this field."

(Image credit: Stratus Imagery)

Read the full press release <u>here.</u>

BS 8500 Update from the MPA



In the quest for net-zero and beyond, an important milestone for concrete and cement manufacturers is the eagerly awaited revision to the British Standard for Concrete BS 8500, which is set to come into force towards the end of 2023.

The MPA has recently released the following BS 8500 summary as an industry update:

- Wider range of lower carbon concretes will be available in the latest revision of the British Standard for concrete.
- Concrete has used additions such as GGBS and fly ash for decades to improve the performance and aesthetics of concrete and also to lower embodied carbon.
- This new range of lower carbon concretes are less reliant on GGBS and fly ash and use limestone instead.
- The new lower carbon concretes can be used for general purpose which means most uses of concrete can now be lower in carbon.
- As well as introducing new concretes, the revised standard also makes it easier for new concrete mixes to be introduced. Accelerating the adoption of lower carbon concretes.
- The new lower carbon concretes are being introduced in the UK based on extensive testing by the UK cement and concrete sector.



- These new lower carbon concretes will be available nationwide. Early engagement with your concrete manufacturer is recommended to provide the lowest carbon concrete.
- The UK cement and concrete sector continues to decarbonise, and significant progress has been made in reducing the embodied carbon of cement and concrete.

Cemex and BS 8500

In addition to delivering lower carbon concretes at scale through our Vertua family of lower-carbon cement and concrete products, the revised BS 8500 standard will also now make it easier for new concrete mixes to be introduced. In line with this approach, we have recently reduced the embodied carbon of our mortar range by over 30%^{*}. The carbon saving has been achieved by incorporating new admixture technology alongside an enhanced production process with a more efficient drying process. As a result of this carbon saving, Cemex's mortar products now meet the strict criteria to be included in the Vertua range.

We will continue to keep you updated with the latest BS 8500 Cemex News as it becomes available.

Another Great Month for Out of Hours Deliveries



July saw another consistent performance with over 1,000 cement deliveries made out of hours to our customers (internal and external). This was achieved thanks to the fantastic collaboration between Paul Cooke's Readymix teams, Gemma Crawford's Customer Services team, Carl Milton's Logistics team and Craig Williamson's Commercial team.

Thanks to everyone for their support and the collaboration in enabling this great performance.

FUTURE IN ACTION

Volunteering at Brownsover Community School



Recently, a group of colleagues from Supply Chain, Payroll, IT, Logistics and Health & Safety got together to Lend a Hand at Brownsover Community School in Rugby.

Cemex's Michelle Walsgrove, HR Administration Team Leader, has a son at the school, and previously as a parent, has helped plant and tidy the playground to contribute towards the school's annual Rugby in Bloom entry. However, since COVID there has been less support,

therefore, the school were looking for some extra help to make the school look extra special.



Michelle explains: "One of the Learning Support Teachers asked if my company would be interested in supporting the school's entry by carrying out some painting jobs, sanding tables and re-building the children's fort which sadly hadn't been safe to use for over a year."

Michelle was delighted to get the go ahead and the Cemex team had a fantastic time volunteering at the school. Michelle said: "It was great to give back and wonderful to see what it meant to the children and the staff. Volunteering your time to support a cause you are passionate about is something you will never regret. I find that helping your community is an opportunity for you to grow as a person. Businesses are a part of the communities where they operate, and such participation can impact anything from research to community projects or even neighbourhood initiatives – all these actions big or small move in a positive direction."

Mrs Crane, Learning Support Assistant, was delighted to welcome the Cemex team: "Having the Cemex team join us in school had a huge impact on the children! They now can play in the fort since the team replaced the flooring and re strengthened it. They now rush to get outside and play! Having the fences painted, the railings cleaned and painted has a huge visual impact to everyone who walks into the playground. It was fantastic to work with such a friendly group of people and we really hope that we see everyone again. Thank you!"

The school got their results for Rugby in Bloom and they scored Platinum which is the highest mark for Schools!

The Cemex team who joined Michelle included Jo Wright, Carl Milton, Mark Grimshaw-Smith, Robert Wilkinson, Maninder Bains, Duncan Hartshorne, Ian Claridge, Jane Houghton, David Hart, Nigel Ponton, Jane Walsh and Julie Welch.

Well done to everyone involved.

Successful Day Filming



Recently, colleagues from across Cemex UK joined a film crew at Leamouth Wharf to film an update video on a project developing early-stage sustainable maritime technologies, in partnership with iconsys and the University of Warwick, with funding from the Department of Transport.

Cemex and partners, iconsys and University of Warwick, were awarded funding for the development of a shore power system to eliminate the operation of on-board diesel engines while its ships are discharging marine aggregates.

You can read all about this <u>here</u>.

Luckily the weather was dry and sunny, and Cemex UK Marine's Andrew King did an excellent job of explaining how a shore power energy delivery system incorporating battery energy storage could benefit our Marine operation.

A big thank you to Andy and also Leamouth's Quarry Manager, Steven Bomber, for welcoming everyone to the site, and all the time and support with the shoot. Thanks too to Captain Dave Pearson and his crew for welcoming us on board the Cemex Go Innovation.

Building Relationships with DfT



We were proud to welcome representatives from the Department of Transport's rail freight team to our railhead in Stourton, Leeds.

It was an excellent opportunity for us to reinforce the importance of Rail Freight to our operation, particularly as we look to utilise more sustainable methods of transport as part of our decarbonisation strategy.

As well as showing them around the site we enjoyed an open

discussion around how we can work together to grow rail freight as well as recognising the positive contributions that it makes to society and to UK industry.

Working closely with key partners in Government is vital if we are to play our part in the UK's Net Zero ambitions.

Commenting on the visit Dave Hart, Supply Chain Director, said: I personally felt very proud to showcase Cemex, Stourton and our rail strategy to the DfT. It was clear that a number of our messages landed and hopefully this will only help as we look to grow rail as part of our decarbonisation journey."

Also commenting on the successful meeting, Martin Casey, Director Public Affairs, said: "I'm delighted that this visit went well. It is very important that officials from Government Departments like DfT get out of their offices and see real front-line operations like this, so they can better understand our business and how they can help us to deliver both for our customers and on our path to being a net-zero company. Rail freight has a fundamental role in that. Well done and thank you to all involved."

Always in Action EMEA Winners



3. Marcin Siekierski (Poland): 7.152 points

Our first EMEA Sustainability challenge in the Always in Action app has ended and we can now announce the winners. Congratulations to the Top 3 winners...

Ahmed Youssef Mohamed (Egypt): 7.800 points
Victoria Castros (Spain): 7.570 points



And to everyone else in the Top 10

- Sharon Dsouza (United Arab Emirates)
- Dimbo Oliveros (Philippines)
- Ryna Bato (Philippines)
- Katarzyna Górniak-Łojek (Poland)
- Ahmed Sherif Kamal (Egypt)
- Ahmed Elwi (Egypt)
- Hazel Ann Maravillas (Philippines)

Thank you to all participants!

Don't forget to download the Always in Action app today.

ហ៊ែរ៉ា EMPLOYEES

Let's Talk About Planning For The Future



This month our Wellbeing focus is Finance. We have been sharing resources and a range of ideas to help support your financial wellbeing.

Financial wellbeing is more than just having enough money to pay your bills. It's about having a sense of control over your finances, feeling secure about your future, and having the freedom to make choices that allow you to enjoy life.

This week we are sharing a Digital Midlife MOT.

MoneyHelper.org.uk have shared their Money Midlife MOT. This is a tool to help you assess your current financial situation and plan for the future. No registration necessary and you don't need to provide any personal information. The tool will ask a series of questions about your finances. You won't need any documents or extra information to use the tool. It will take about 5 minutes to complete. **Open the tool** <u>here.</u>

Your personalised report, which you can download as a PDF, will tell you what to prioritise and provide links to guidance on how to improve your financial wellbeing from midlife through to retirement.

You can use this tool to:

- identify actions to improve your finances, according to your priorities.
- help you plan for the future and make sure you stay on track to achieve your goals.

This tool works best for people:

• between the ages of 45 and 65.



• living and planning to retire in the UK.

If you're under 45, the following resources may be better suited to help you get your finances on track – click the links to find out more:

- Everyday money
- Family and care
- Budget Planner

If you're over 65, we recommend reading this <u>pensions and retirement</u>.

Worrying about money problems can affect your mental health. The MoneyHelper.org.uk website has some great resources to help you take control of your finances. Click here to find out more: <u>https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/money-problems-and-poor-</u><u>mental-wellbeing</u>

Free, Confidential Support

Cemex offers all employees a free, confidential employee assistance programme (EAP) called Lifestyle Support, operated by Care first. Lifestyle Support is easy to access, available 24/7 and can provide help and support with a wide range of issues, including those relating to debt. It is run by a separate provider and isn't part of Cemex – we don't receive any employee specific information from them.

You can contact the Employee Assistance Line (Lifestyle Support) for confidential advice and support – call 0808 168 2143 or visit <u>www.lifestyle-support.co.uk</u> (Username: Cemex Password: cemex).

New Care First Seminars



Cemex offers all employees a free, confidential employee assistance programme (EAP) called Lifestyle Support, operated by Care first.

Lifestyle Support offers a series of Seminars free to access for all Cemex employees.

Below you can find details of the seminars running w/c 21st and 28th August and you can find links to all previous seminars on the weekly calendars shared on the UK News download page <u>here</u>.

Remember! You can <u>listen back</u> to a recording of any past seminar by using the same link shared below.

w/c 21st August 2023

Care first Critical Incident Support Friday 25th August - @ 12pm You can find more details about this seminar <u>here.</u> To join the seminar, click <u>here</u>.



w/c 28th August 2023

How Care first can support you

Wednesday 30th August - @ 12pm To join the seminar, click <u>here</u>.

Return to School Anxiety

Friday 1st September - @ 12pm You can find more details about this seminar<u>here.</u> To join the seminar click <u>here</u>.

w/c 4th September 2023

Care first cCBT (computerised Cognitive Behavioural Therapy)

Monday 4th September - @12pm This webinar provides further information on Care first's own modular cCBT (computerised Cognitive Behavioural Therapy) course. To join the seminar, click <u>here</u>.

How Care first can support you

Wednesday 6th September @ 12pm To join the seminar click <u>here</u>.

Understanding Suicide

Friday 8th September - @12pm To join the seminar click <u>here</u>.

You can find full details about these seminars <u>here</u>.

Lifestyle Support is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns such as family matters, debt, relationships, bereavement, depression and anxiety. It is run by a separate provider and not part of Cemex – we don't receive any employee specific information from them.

You can contact the Employee Assistance Line (Lifestyle Support) for confidential advice and support – call 0808 168 2143 or visit <u>www.lifestyle-support.co.uk</u> (Username: cemex Password: cemex).

Last Few Weeks to Enter Competition



AT OUR CEMEX EMEA SITES

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

You only have a few weeks left to enter our first Wildlife Photography Competition, open to all EMEA employees.

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 <u>sean.cassidy@cemex.com</u> (or use the QR code in the poster on the UK News download page) with your contact details and a very brief description of your photos. **Maximum of three images per person, with typical resolution up to 5MB, typical of any smart phone.**

The competition is open until 15th 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 on the UK News download page <u>here</u>.

How to Order Business Cards



Back to School Offers



If you need to order Cemex branded business cards please follow the following process:

- Raise a Purchase Order in SAP
- Vendor Number 3160885 Adare International
- The product code is CMX-BUS-CARD Cemex Business card
- Pack 250 price is £30.00 + VAT
- Send your PO number along with your contact details to pippa.greuel@HHGlobal.com

School holidays are flying by so our Cemex Lifestyle Platform has lots of Back to School offers for those of you with school age children.

Their eVouchers, promo codes and pre-discounted websites allow you to save money instantly at many top retailers such as WHSmiths, Tesco, B&M, New Look, Currys and ASDA.

Log in to the Cemex Lifestyle platform <u>here</u> to see how you can save.

P&IT Webinar: Hyperautomation



You are invited to P&IT's latest Global Webinar Tech Talk: **Hyperautomation -** Moving beyond traditional automation.

The seminar starts at 4.00pm UK time on 5th September. The guest speaker will be Luis Barcenas, Sr. Director of Sales Engineering at Automation Anywhere.

You can register to join the event <u>here.</u>

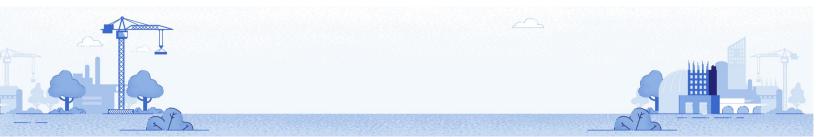
Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
182-08-2023	Operative	Materials - Aggregates	Raynes Quarry	25/08/2023
183-08-2023	Plant Manager	Materials - Readymix	Alrewas	25/08/2023
184-08-2023	Weighbridge Operative	Materials - Aggregates	Avonmouth Wharf	25/08/2023
185-08-2023	Plant Manager	Materials - Readymix	Aston	25/08/2023
186-08-2023	Plant Manager	Materials - Readymix	Moreton Valance	25/08/2023
187-08-2023	Weighbridge Operative (Nights)	Materials - Aggregates	Dove Holes Quarry	28/08/2023
188-08-2023	Operative	Materials - Aggregates	Swinderby Quarry	28/08/2023
190-08-2023	Multiskilled Operative	Urbanisation Solutions - Asphalt	Birmingham	30/08/2023
191-08-2023	Sales Agent	Customer Experience - Materials	Binley	24/08/2023
192-08-2023	Waste Manager	Sustainability	Binley	01/09/2023
193-08-2023	Multiskilled Operative (Nights)	Materials - Aggregates	Dove Holes Quarry	04/09/2023

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 <u>gb-communicationsandpublicaffairs@cemex.com</u>

If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.



Do you know the symptoms of a heart attack?

The most common signs of a heart attack are:

- Sudden and persisting pain or discomfort in the chest that feels like pressure, tightness or squeezing
- The pain may spread to either arm, the neck, jaw, back or stomach
- You may also feel sick, sweaty, light-headed or short of breath

If you experience these symptoms, or others you are unsure about, don't hesitate, always seek medical attention.

Source: British Heart Foundation



Fit 4Life