



UK NEWS



Welcome to UK News 9th November 2023
your weekly update from around Cemex UK

View UK News on: www.uknews.co.uk

You can also follow us on our
social media channels



@CEMEX_UK



CEMEX-UK



CEMEXUK



HEALTH & SAFETY

Latest UK Safety Alert

SAFETY ALERTS



The latest UK Safety Alert relates to a recent incident where a contract mechanic suffered a small fracture to his right heel when he jumped down from a set of stepladders. The contractor was removing the cap from a mobile vacuum unit and thought there was a release of pressure, despite having let the system cool.

Please review the Alert with your team, taking the opportunity to review whether:

- We always select the correct access equipment when working at height. In this case, a mobile access platform may have been more suitable, allowing better positioning to carry out the work and the option to step back out of the way. Are there any opportunities to improve the access arrangements for tasks / locations in your operations?
- We always Take 5 and STOP & THINK before carrying out a new activity... do we also require contractors to complete pre task risk assessments?
- When reviewing a task, as part of our Take 5 assessment, do we always consider how we keep ourselves out of the "line of fire"?

You can find the Alert at the end of this document, and on the UK News download page:

www.cemexuknews.co.uk/downloads

Please share the Alert on relevant notice boards.

Look after yourself and each other.

Health and safety information and resources can be found at the following location

<https://cemex.sharepoint.com/sites/UKHealthandSafety/SitePages/Safety-Alerts.aspx?web=1>



Road Safety Week is Coming!



During the week of Monday 20th November, Cemex UK will again be taking part in **Road Safety Week 2023**. The focus of this year's campaign is on the topic of, 'speed,' and we will be doing our bit to help raise awareness of the dangers of excess or inappropriate speed on our roads.

What is Road Safety Week?

Road Safety Week is Brake's biggest road safety campaign. Every year, thousands of schools, organisations and communities get involved to share important road safety messages, remember people affected by road death and injury, and raise funds to help Brake care for more road victims and campaign for safe roads for everyone.

What's happening at Cemex?

There will be a host of activities taking place throughout the week including a special toolbox talk across our Supply Chain teams. We'll be amplifying key road safety messages with posters and banners across our sites. We'll be featuring information from the campaign across our Social Media channels and promoting internally in UK News, and we'll also be running a road safety quiz with prizes for the winner and runners up – so look out for more information on all of this.

Why is Road Safety Week so important to us?

There is a very sombre statistic that five people die on the UK's roads everyday with even more people injured. Driving is an activity that many of us will do both in our personal and professional lives and therefore we can all play a part in helping to make the UK's roads safer for all road users. Practising and promoting safer driving is something that most of us will be able to contribute towards and this year's topic of speed is particularly pertinent – there is no journey any of us will ever take that needs to be completed at such a speed that it could potentially cost a life.

Dave Hart, UK Supply Chain Director, explains why supporting this campaign is so important to Cemex: "We're long-standing supporters of Brake's Road Safety Campaign and it provides an opportunity for us to add our voice to an incredibly important message around making our roads a safer place for all road users. The campaign aligns to our unwavering commitment to safety across all of our activities and we want to use this opportunity to reinforce our driver safety messaging. Please can I ask for all your support to raise awareness with your teams at work and families at home of this important message."

We have produced Road Safety Week posters which you can find at the end of this document and on the UK News download page: www.cemexuknews.co.uk/downloads – please share this on all workplace noticeboards.





CheckProof – Site Security Template



The UK Security team have been working with colleagues from our Rail Head sites and Op Excellence to produce and fine-tune a security related audit template within CheckProof.

Whether it's a Railhead, Readymix plant, quarry or even an office block, the template is intended to be easily adapted to sites of varying size and purpose and should be readily adaptable across the entire UK estate.

Those already familiar with the benefits of CheckProof will recognise the advantages of a standardised, 'one-stop-shop' for detailed and reliable auditing purposes. The Site Security template is intended to lead Site Managers through a standardised audit that encourages them to consider and report upon all aspects of site security.

From the condition of perimeter gates and fences, the operation of CCTV right through to door and window locks and the debriefing of exiting personnel, the template provides for all security aspects. Adoptees are requested to conduct one audit every 12 months, raising deviations where measures fall short of preferred standards thus enabling an auditable and actionable record of security arrangements.

This initiative is already live at Rail Head sites and will be launched across quarries and Readymix plants with effect from 1st November 2023. Site Managers are encouraged to adopt this scheme as early as possible and consult with the UK Security team with any security related issues the audit process identifies.

Sound workplace security is a team game! Our security is in your hands.





CUSTOMER CENTRICITY

Going the Extra Mile



Well done Jasvinder Singh Sandhu, an IHC Driver working in the Midlands, who went the extra mile one weekend to ensure his customer's supply was completed on the day.

One Saturday morning, at our Cemex Derby Concrete plant, Jaz filled his Readymix truck to deliver 6m³ to a customer locally. When he arrived on site the truck was slow to discharge and after two hours Jaz still needed an extra 1m³ to complete the supply. By this time, the Derby plant had closed.

Jaz took it into his own hands to resolve the issue by phoning around local sites to see if other plants were open. The Nottingham Plant Manager was still on site so he drove to Nottingham to collect the load he needed. He was then able to complete the customer supply.

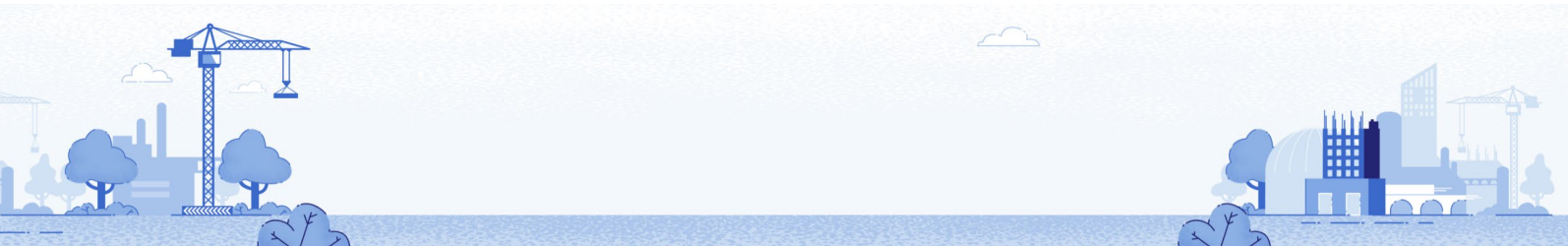
Commenting on Jaz's actions, Christian Vale, Senior Operations Manager, commented: "I'm extremely proud of Jaz, he followed through on delivering that customer experience and the picture says it all!"

The customer also contacted Cemex to say: "Really appreciated going the extra mile today to get this job sorted on Saturday. Great work from the whole team, especially Jaz. Many thanks."

Another Great Month for Out-of-Hours Cement Deliveries

October saw another consistent performance with over 800 Cement deliveries made out-of-hours to our customers (internal and external). This was achieved thanks to the fantastic collaboration between Paul Cooke and the Readymix team, 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 good performance reducing on site congestion, helping customer service and supporting fleet utilisation.





FUTURE IN ACTION

Utilising By-Pass Dust



Cemex and waste management company, Silverwoods, are successfully supporting the circular economy by utilising By-Pass Dust (BPD) from the Cemex Rugby cement kiln for agricultural purposes. Since 2015, nearly 130,000 tonnes of BPD has been recovered through the partnership.

BPD is ideal for use on farmland due to its high potassium and lime content meaning it can provide a direct sustainable replacement for traditional fertilisers and lime.

Additionally, by re-using BPD, Cemex has been able to dramatically reduce the amount of process by-product it landfills; this figure is now zero.

Contributing to the circular economy is a key pillar of Cemex's climate action strategy Future in Action, which has set a global target to become a net zero company by 2050. In addition, recovering BPD supports Cemex's 2030 target to increase the ratio of waste derived sources managed versus waste sent for disposal.

Paul Fletcher, Head of Sustainability for Cemex Europe, commented: "We are very proud of our partnership with Silverwoods and the considerable positive impact their innovation and expertise has had on our ability to reuse BPD for other applications. We believe it leads the way in our industry and presents real potential to be adapted elsewhere across our operation; not only does it benefit the environment by reducing the amount of materials that need to be disposed of, but it generates a product that has a value for farmers and helps cut the use of traditional materials.

"Indeed, the value of this partnership demonstrates that to deliver true circularity, more industrial by-products, including those from different sectors of the economy, need to be used as secondary resources, rather than primarily be seen as waste. If this is to be achieved, a new perspective is needed to boost circular economy practices, with regulations and permitting supporting this proactively."

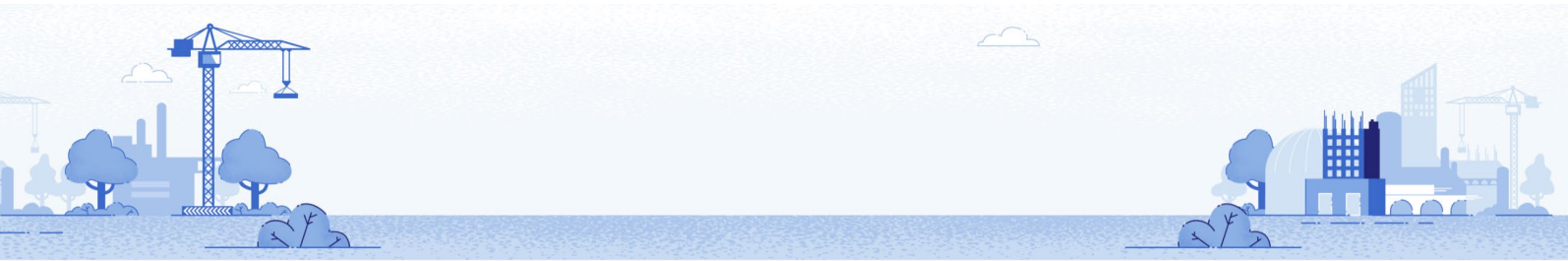
Read the full press release [here](#).

Latest Earthly Matters

The October 2023 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:

- RSPB Update



- Nature's Reclamation: Fungi's Role in Quarry Restoration
- Don't leave your Pumpkins out
- Ways to use fallen autumn leaves

You can read the blog [here](#).

Sean Talks About Biodiversity in EMEA



In the latest 'Let's Talk About EMEA' podcast, Sean Cassidy, European Biodiversity Manager, discusses Nature Positive, Biodiversity and restoration schemes across the region.

You can listen to the fascinating podcast [here](#).

Salford Team Lend a Hand



Recently a Cemex team from our Salford plant spent a day volunteering day at Salford Fire Station square community garden.

Together, the team worked hard building five new concrete beds replacing rotten wooden ones for the local community to grow fresh produce. Well done to everyone involved!

A big thank you from Steve Balfe for also contributing extra manpower and supply of some building materials.

Cemex UK Volunteering - A key part in building a better future for everyone and there is no better way to demonstrate this than getting involved in volunteering. For more information on volunteering contact Chiedza Mupfumira, Social Impact Specialist chiedza.mupfumira@cemex.com





PROFITABILITY

Saving Energy Together



We all play a part in reducing Cemex's energy use – whether we are based on site or in an office, and whichever business unit we work for.

In January, the Cemex UK Energy RRT launch a dedicated '[Toolbox Talks](#)' which we now encourage teams to revisit again. Please take 10 minutes to talk with your colleagues about the individual actions you can take to cut down on the energy being consumed by our operations.

We would also encourage you to please share our two posters on work place notice boards. We have one for offices and one for sites. You can find them at the end of this document and on the UK News website: www.cemexuknews.co.uk/downloads.

Together we can make a real impact!

Please Turn Off the Lights!



As part of our ongoing Energy Saving campaign, the Operational Excellence team have produced some 'Turn me off' light switch stickers to be installed on ALL light switches across ALL Cemex UK sites.

These stickers are being rolled out across sites, but please can all site Facilities/Site Managers contact the Operational Excellence team if you haven't yet received yours.



EMPLOYEES

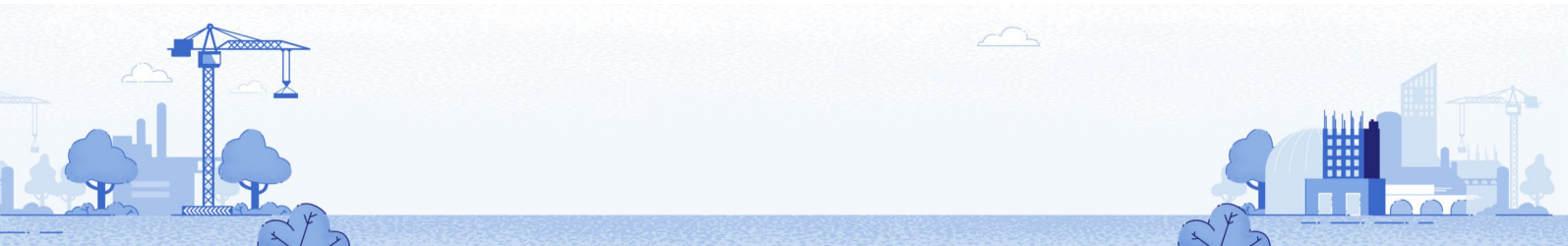
Your Chance to Have Your Say

Our 2023 Global Workforce Experience (WE'X) Pulse Survey is NOW LIVE!



This is your chance to have your say about working for Cemex. The survey will contain 13 questions and should take around 8 minutes to complete. It's completely confidential and all employees across Cemex UK are invited to complete the survey.

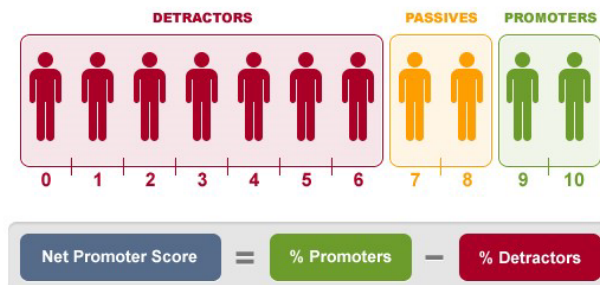
By now you should have received an email from a third-party company called Qualtrics, so **please check for an email from workforceexperience@qualtrics-survey.com**.



We would encourage you to use the link contained within the email from workforceexperience@qualtrics-survey.com. If you access the survey via QR code you will need to use your employee number and in some cases you may need to omit the initial '0' when entering your employee number.

A Key measure of the WE'X Pulse Survey is Employee Net Promoter Score (eNPS) – here's how it works

It works by subtracting the percentage of detractors from the percentage of promoters. The diagram to the right demonstrates how the scoring system works in terms of identifying promoters and detractors.



Only scores of 9 or 10 (which are classed as 'promoters') and scores of between 0 and 6 (which are classed as 'detractors') are used when calculating our overall eNPS score. Scores of 7 or 8 (which are classed as 'passives') are not included in the calculation.

Cemex UK 2023 Highlights

UK CEMEX 4YOU	5 years Fatality free in the UK	£100m investment in the UK	+70% alternative fuels at Rugby
	98% of UK sites Lost Time Injury (LTI) free	+70% on site improvements	-45% CO2 reduction in the UK (since 1990)
in 2023 Competitive salary review to support with cost of living and online payslips for all	49 Internal job promotions	72 Customer Net Promoter Score for Q3	829 Lend-a-hand volunteering hours across our local communities
	16,500 Training hours	Our best ever feedback (+15 since Q2)	
17% of our workforce represented by women (+1% on 2022)	+500 Colleagues attended our UK Roadshows with Lex Russell	166 Colleagues being recognised for long-service at our Career Awards Ceremony	+10 New wellbeing campaigns (inc. menopause awareness, men's health and work life balance)

We would also like to take this opportunity to remind you of some of the Cemex UK highlights from 2023 and to thank you for your efforts in contributing to these throughout the year.

Your chance to have your say

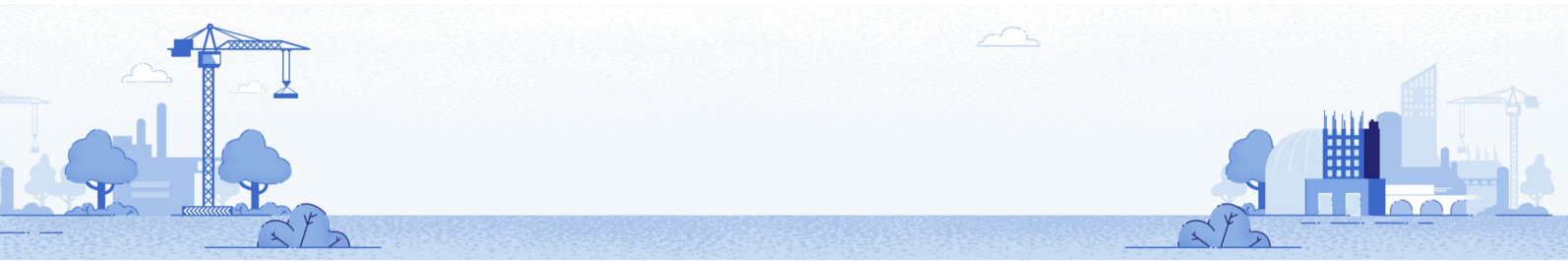
This is your chance to have your say, so be sure to complete the survey from Monday 6th November 2023 and help us to better understand what we're doing well and where we can make improvements – together we can create a positive change.

Diabetes Awareness Month



The 14th November is World Diabetes Day, while some countries recognise November as Diabetes Month. For this reason, we are focussing on diabetes throughout November to raise awareness of this condition.

Throughout November we will share information and resources about: common symptoms, myths and frequently asked questions, and looking at how we may be able to prevent getting Type 2 diabetes. This week will focus on **common symptoms**.



Diabetes is a chronic condition that affects how the body regulates blood sugar levels. Early detection and management of diabetes are crucial to prevent complications and improve overall health.

According to diabetes.org.uk, it is estimated that more than five million people in the UK are living with diabetes, which is an all-time high. 4.3 million people in the UK live with diabetes and 850,000 people could be living with diabetes who are yet to be diagnosed. These registration figures for 2021-22 are up by 148,591 from 2020-2021.

Diabetes type 1 and type 2 come from different causes.

In Type 1, the pancreas doesn't make insulin (which controls blood sugar levels) because the body's immune system attacks the cells that make the insulin. In Type 2, the insulin you make either can't work effectively, or you can't produce enough of it.

Risk Factors

The risk factors of type 2 diabetes are multiple and complex. They include:

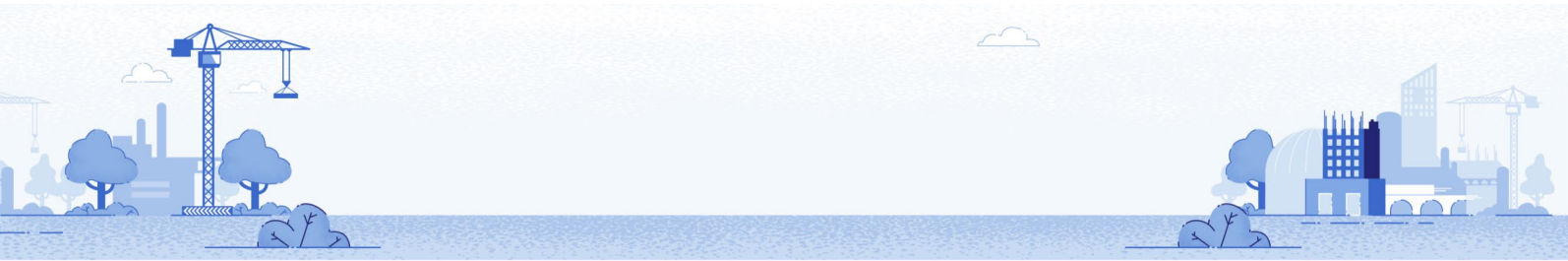
- Age
- Family history
- Ethnicity
- Being overweight

Research has consistently shown that for some people, combined lifestyle interventions - including diet, physical activity and sustained weight loss - can be effective in reducing the risk of type 2 diabetes by about 50%.

Common Symptoms of Diabetes

The symptoms of diabetes can vary in intensity and may not always be noticeable. However, some of the most common signs include:

- Increased thirst and urination: As the body tries to excrete excess sugar, you may notice a frequent urge to urinate, especially at night.
- Fatigue and weakness: High blood sugar levels can drain your energy, leaving you feeling tired and fatigued.
- Unexplained weight loss: Weight loss without trying can be a sign of diabetes, as the body is unable to use sugar properly for energy.
- Slow-healing wounds: Diabetes can affect blood circulation, making it difficult for wounds to heal properly.
- Blurred vision: High blood sugar levels can damage the nerves in the eyes, leading to blurred vision.
- Genital itching or thrush: Excess sugar can encourage the growth of yeast, causing itching and irritation in the genital area.
- Frequent hunger: Despite eating regularly, you may feel constantly hungry as your body is unable to absorb glucose effectively.
- Skin problems: Diabetes can increase the risk of skin infections, dryness, and rashes.
- Numbness or tingling in the hands or feet: This is known as neuropathy and is caused by nerve damage due to high blood sugar levels.



We have produced a poster highlighting the main symptoms – you can find it at the end of this document and on the UK News download page: www.cemexuknews.co.uk/downloads

Seeking Medical Attention

If you are experiencing any of these symptoms, it is important to consult your doctor for a proper diagnosis and treatment plan. Early detection and management of diabetes can help prevent serious complications such as heart disease, stroke, kidney damage, and vision loss.

Useful Resources

For more information about diabetes, including symptoms, management, and support, please visit the following resources:

- Diabetes UK: <https://www.diabetes.org.uk/>
- NHS Diabetes <https://www.nhs.uk/conditions/diabetes/>

Binley Turns One!

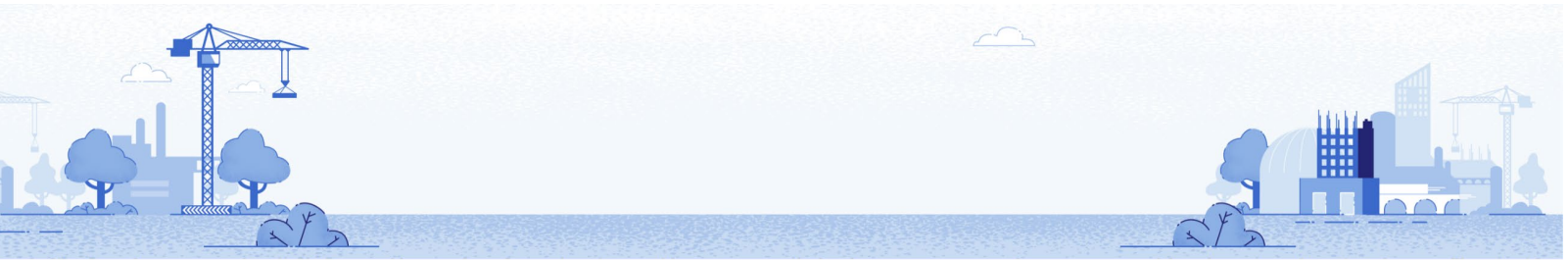
On 1st November the teams based at our Head Office in Coventry, together celebrated the one-year anniversary of moving into the building on Binley Business Park.

To mark the occasion the office was decorated, mini competitions were played and lots of jacket potatoes were eaten! It was a great opportunity to get together and enjoy the fun.

One of the competitions was to guess the weight of several types of Concrete blocks. Well done to winners: Jardel King and Caroline Gardener whose guesses came closest. Another game was to guess who the baby photos were of (UK Senior Managers) – well done to Bethany Rattenbury and Claire Osbourne for winning this. And congratulations to the two raffle winners – First place winner Katie Sanson won an Echo Dot Clock and Richard Carpenter who came second.

You can check out photos of all the activities [here](#).

On 7th December, colleagues at our Head Office will be getting together again to celebrate Christmas Jumper Day and our countdown to Christmas – with more games, competitions and food, in aid of five different charities! Watch this space for more information about how you can celebrate this day with your colleagues.



Mel Celebrates 25 Years Long Service



Congratulations to Melanie Routledge, UK Materials Operations Planner Team Leader, who is celebrating her 25 years long service with our company.

Melanie (Mel) joined RMC in 1998 in the office in Langley Moor Durham as Customer Service Coordinator, dealing with sales enquiries and queries. Then in 2000 she took on a new role in Readymix although her then Line Manager, Terry Mason, worried about how she would find my way around as this was before the days of Satnavs! Mel says: “This was an amazing role covering sales and technical for four sites, it gave me more on the job knowledge of concrete, got me face to face with customers, selling and also giving technical advice. I also had to take cubes daily, do slump tests, match mortar colours etc. The only part of this job I didn’t like was stripping the cubes! It was in this role I met my husband, David, who was an IHC at one of the plants I covered, and we have now been married for 19 years!”

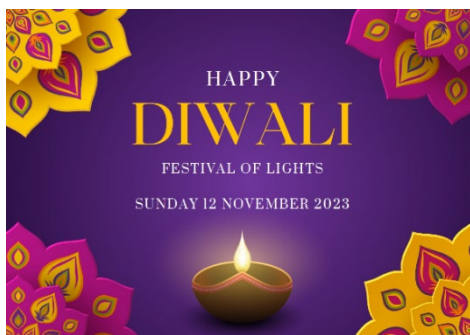
In 2002 Mel then went on to become an External Sales Rep covering five sites based at our Newcastle office. She formed some excellent relationships with both Site Managers and main buyers. Mel explains: “The technical knowledge I had gained in the previous role was invaluable and gained me respect in what was then a very male dominated industry.”

In 2014 an Operations Planner role came up. Mel was grateful to John Parker who gave her the opportunity to gain more knowledge in Cemex operations, where she got to deal more with the Operations Managers, vendors, learning about budgets and statutory inspections.

Finally, two years ago Mel was given the opportunity to become the Operations Planners Team leader, working for Rob Sims, which is where she is today. Mel says: “I am very lucky that I have an amazing team!”

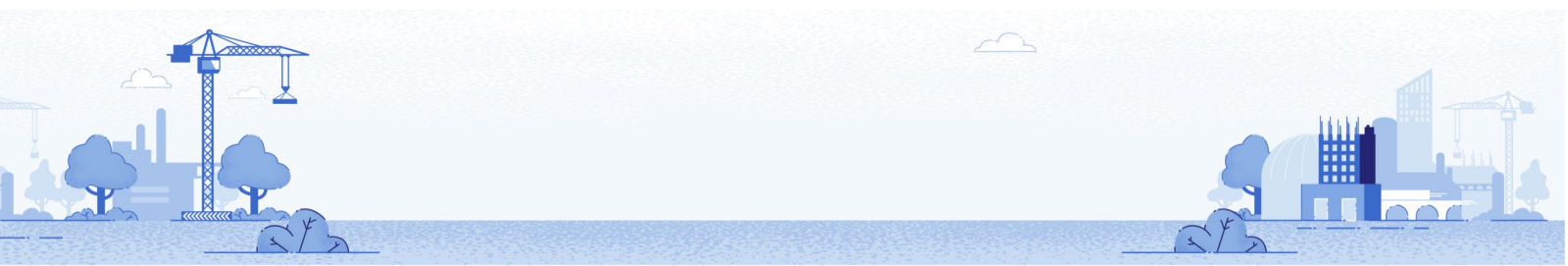
Rob Sims, General Manager, shared the following message for Mel: “I have known Mel for the last few years, and she is great! She is extremely well respected in her role, interacting with operational staff daily, ensuring orders for equipment are raised in a timely manner. If anyone has a question about SAP, PACS control or orders they always go to Mel! 25 years is a fantastic achievement and Mel continues to be an asset to Cemex. Thank you and many congratulations on achieving this special milestone!”

Happy Diwali To All Those Celebrating This Weekend



We want to wish a very happy Diwali to everyone who may be celebrating this weekend, Sunday 12th November.

At Cemex, we aim to celebrate diversity, equity and inclusion. We want all of our employees to be able to bring their true selves to work and we recognise the part that faith and religion play in the lives of so many. Our objective is to be respectful to the beliefs of all individuals, including those without a faith. We want to create a wider awareness



and understanding of all faiths and religious beliefs in order to become a truly inclusive employer.

Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs and Jains across the world. The celebrations and activities include good food, fireworks, special candles and lamps – used to signify the festival of light. Whilst the Diwali story may be interpreted slightly differently based upon where you live – the common theme no matter where people celebrate is of light over darkness.

We've created some links to a variety of Diwali related topics: from decorations, music and food to children's books, mobile apps and educational resources. We hope there's something for everyone whether you're celebrating Diwali or just want to learn a little more.

In the home:

- Decorations <https://www.housebeautiful.com/uk/decorate/a22673427/best-diwali-decoration-ideas/>
- Music...<https://newsroom.spotify.com/2022-10-18/diwali-gets-a-dash-of-sparkle-with-spotifys-new-festive-hub/>

Food:

- Recipes <https://www.bbcgoodfood.com/recipes/collection/diwali-recipes>
- Enjoy a healthy Diwali <https://www.heartuk.org.uk/news/latest/post/114-healthy-diwali>

Just for fun:

- Children's books <https://www.motherandbaby.com/reviews/education-toys/best-diwali-books/>
- Mobile greetings and photoframes app...iPhone Appstore <https://apps.apple.com/us/app/happy-diwali-greetings/id1168680247>
- Android Appstore <https://play.google.com/store/apps/details?id=app.diwali.photoeditor.photoframe&hl=en&gl=US>

Learn more about Diwali:

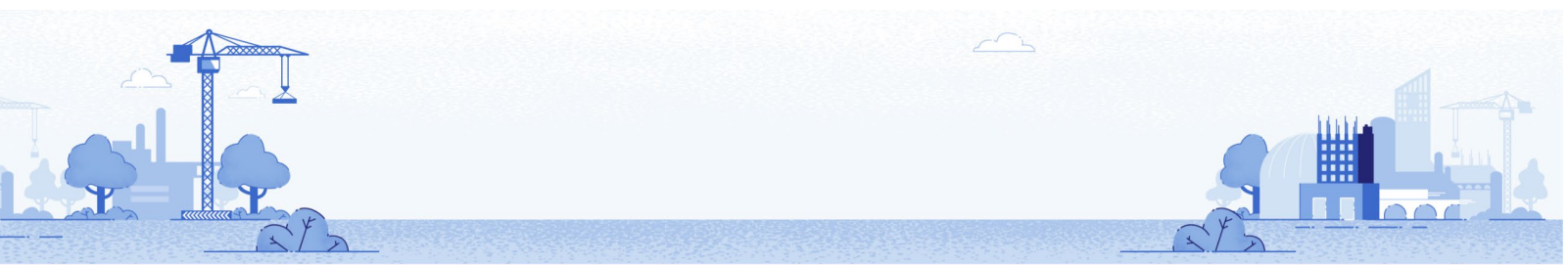
- CBBC Newsround <https://www.bbc.co.uk/newsround/15451833>
- National Geographic <https://kids.nationalgeographic.com/pages/article/diwali>

Celebrating Success of Apprenticeship Programme



Cemex UK is celebrating the growth and success of its Technical Apprenticeship Programme, based at the National Technical Centre in Southam, Warwickshire.

Following the initial programme launch in May 2022, four apprentices have enrolled. The first apprentice to join the scheme has successfully completed Level 3 and is starting a new Cemex apprenticeship degree course. Cemex is delighted to welcome new starters Callum Voss who joins Alex Dale on the Cemex Degree course and Fletcher Gould who joins Level 3,



along with Cameron Davies who is already 12 months into the programme.

Cemex's Technical Apprenticeship programme is aimed at developing future talent within the department and the wider organisation. As well as plenty of hands-on experience offered by Cemex's specialist team of technical experts, the trainees also benefit from formal tuition.

Mike Higgins, UK Technical Manager, comments: "The Cemex Technical Degree Apprenticeship programme is a great way of encouraging people to begin a career within an exciting area of our business. Our bespoke programme is designed to enable Cemex to grow our own specialist technicians who will learn to work to a high standard, contribute to real life workplace scenarios, and embody Cemex values. We are extremely proud of our apprentices' achievements to date. The Technical Apprenticeship and Technical Degree Apprenticeship Programmes are an important part of our Quality & Product Technology learning and development strategy to prepare future talent and leadership of the Department."

Read the full press release: <https://www.cemex.co.uk/-/cemex-celebrates-growth-and-success-of-uk-technical-apprenticeship-programme>

Latest Care First Seminars

Care first Lifestyle Support 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 through November.

You can find links to all previous seminars on the weekly calendars shared on the UK News download page [here](#).

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

w/c 6th November 2023

November – Men's Mental Health Awareness

Friday 10th November – @ 12pm

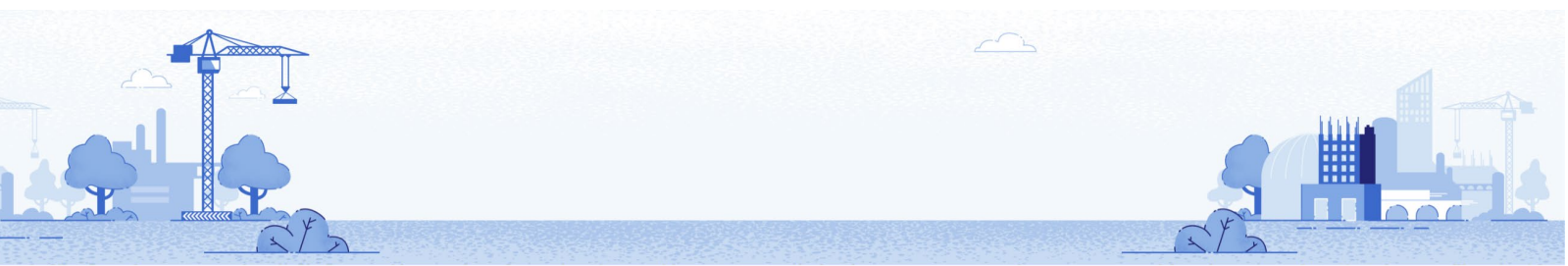
This webinar is in line with Movember and aims to raise awareness about Men's Mental Health and the support available through Care first.

To register click [here](#)

w/c 13th November 2023

Kindness and Mental Health

Monday 13th November – @ 12pm



This webinar is in line with World Kindness Day and aims to discuss the importance of kindness on our mental health.

For more information click [here](#).

To register click [here](#)

How Care first can Support You

Wednesday 15th November - @ 12pm

A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.

To register click [here](#)

Care first Management and MHFA Support

Friday 17th November - @ 12pm

This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.

To register click [here](#)

[w/c 20th November 2023](#)

What to Expect when you call Care first

Monday 20th November - @ 12pm

To register click [here](#)

How Care first can Support You

Wednesday 22nd November - @ 12pm

To register click [here](#)

Understanding Domestic Violence

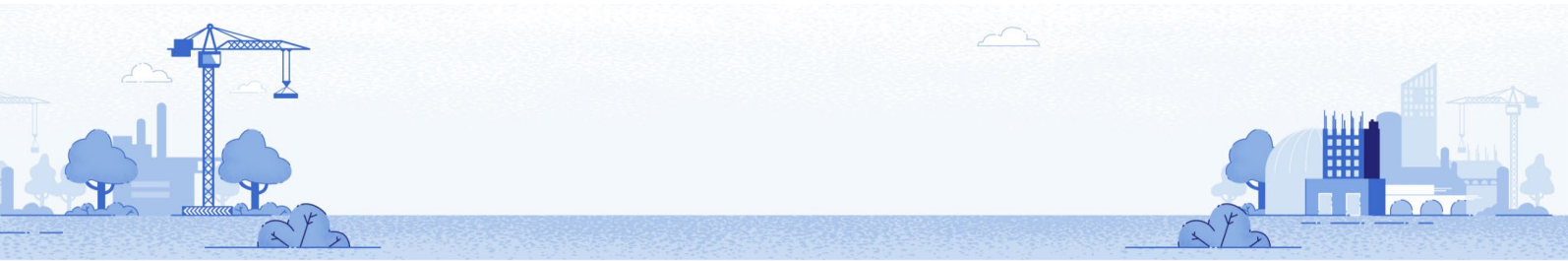
Friday 24th November - @ 12pm

A light touch session on domestic violence, noticing the signs and how you and Care first can support those affected. This webinar is in line with the 16 Days of Action Against Domestic Violence which starts on 25th November.

To register click [here](#)

You can find full details about these seminars [here](#).

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 www.lifestyle-support.co.uk (Username: cemex Password: cemex).



Ways to Contact the GSC



How to contact the GSC

Here is a quick reminder about how to contact the Global Service Centre (GSC). There are various channels you can use:

- **Phone:** Dial 5555 from the CemexNet or consult the [GSC Directory](#) for a local number.
- **Microsoft Teams Chat:** Interact with an Agent via Teams Chat. [Check how here.](#)
- **ServiceNow Portal:** Try our self-service portal [here.](#)
- **Email:** We continue to provide support via [email](#), however, we invite you to use the new available options.

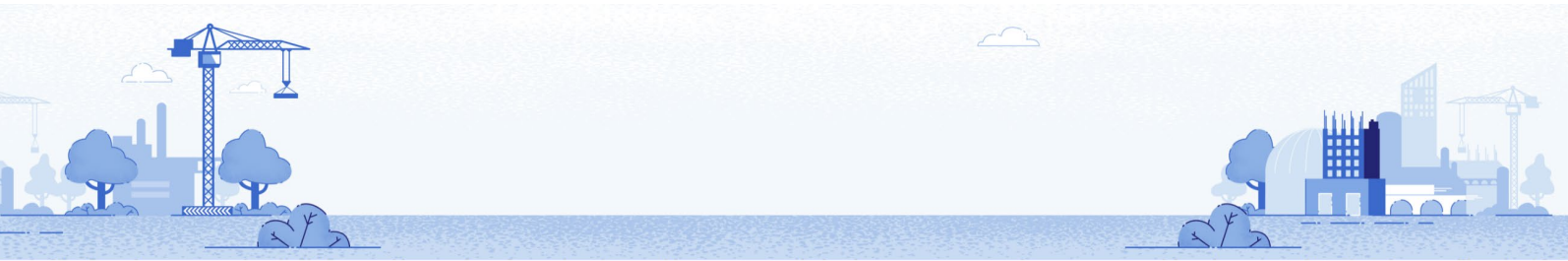
Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
248-11-2023	Environmental Database Manager	Sustainability	Binley	22/11/2023

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@.com

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



SAFETY ALERT

HEEL INJURY

UK SA08/2023 – 06.11.23

Display Until
08.12.23



DETAILS OF THE INCIDENT

The mobile vacuum unit was being used in the cement mill area. After approximately 30 minutes of operation, the engine warning light illuminated. The operators (contractors) shutdown the unit and parked it up. A contractor mechanic then used a step ladder to access the engine bay. The injured person (IP) checked the system to confirm it was not hot. Whilst removing the cap to the coolant system, the IP perceived that the system released pressure. His immediate reflex reaction was to jump off the step ladder to avoid burns in case any hot liquid was expelled (however, there was no evidence liquid was released). In doing so, he landed on his feet, causing a small fracture to his right heel.

KEY FINDINGS

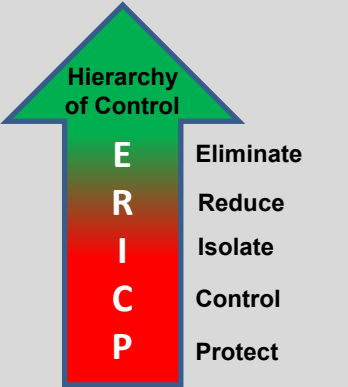
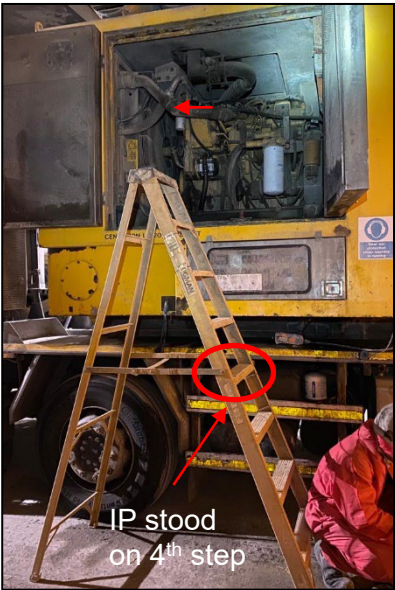
Step ladder access	The step ladder was in good condition, on level ground and had a valid in date inspection record.
Housekeeping and lighting	The area was clear, well-lit and maintained.
Safe Systems of Work	The vehicle was parked up and allowed to cool prior to any work being carried out. In accordance with his training, the IP carried out inspections to check the engine was cool prior to work. Whilst a risk assessment exists for the task, Take 5 was not completed. Vehicle was immobilised (LOTOTO).
Risk Perception	Some years earlier, the IP witnessed a colleague suffering burns whilst working on a coolant system. It is believed this led to him jumping off the ladder as a 'reflex action', even though on this occasion no hot material was expelled and the noise he heard related to movement of liquid in the header tank.

HOW COULD THIS HAVE BEEN AVOIDED

- It is considered that a dedicated access platform would have provided better access to the engine bay and offered improved positioning of the mechanic for work and in case of any unexpected issues. In this example, he could then have moved out of the way, and not felt compelled to jump down.

KEY REVIEW POINTS

- Ensure any access platforms are sufficient for the task and consider potential for an accident in case of an unexpected event occurring – can you position yourself out of harm's way? Do you have a means of 'escape'?
- Never work on a coolant system without sufficient training. Engine coolant systems are dangerous when hot, with the potential to cause serious burns. Whilst this was not the case in this incident, it is a useful reminder that pressure systems are dangerous.
- Is TAKE 5 and STOP & THINK fully understood and embedded with contractors, to the same extent as with employees?



Look after yourself and each other

Don't let anyone act unsafely, always stop unsafe practices.

Get a grip

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

Incident/Hazard alerts

Report all incidents/hazards immediately.



Let's talk about...

SPEED



**We're
taking
part in**

**ROAD
SAFETY
WEEK**

**5 people die on
UK roads every day**

Please put safety first! Plan safe journeys
and never encourage your drivers to speed.

Whoever you are, however you travel,
we need to talk about speed.

www.brake.org.uk/RoadSafetyWeek



Join the conversation

www.brake.org.uk/RoadSafetyWeek

#RoadSafetyWeek

CEMEX

Let's talk about...

SPEED

“

**I need to keep
to my schedules!**

”

Every day, five people die on UK roads.

1 in 4 fatal crashes involve someone driving too fast.*

**Please put safety first! Plan safe journeys
and never encourage your drivers to speed.**

**Whoever you are, however you travel,
we need to talk about speed.**

*Department for Transport (2022) Table RAS0704: Reported road collisions, casualties
and vehicles wherespeed was a contributory factor by severity, Great Britain



Join the conversation

www.brake.org.uk/RoadSafetyWeek

#RoadSafetyWeek

**ROAD
SAFETY
WEEK** 

The CEMEX logo, featuring a stylized blue and red graphic followed by the word "CEMEX" in bold blue capital letters.

**I'M
HELPING
SAVE ENERGY**

Small changes,
Big savings



IN THE OFFICE, THE SMALLEST CHANGES CAN MAKE A BIG DIFFERENCE



I maintain heating at no more than 21°C when the office is occupied



I turn off the lights when the office is unoccupied (evenings and weekends)



I turn off my computer screen when I leave



I close doors behind me so heat doesn't escape out of the building



OFFICE FAN HEATER

A 2.4kw oscillating fan heater was left switched on at the start of October 2022 under a desk at one of our hub offices when the shift ended at 4:30pm.

It wasn't until the cleaner was on the floor at 7pm that this was noticed and switched off, by which time the heater had used 6kWh of electricity – all while heating an empty office.

**FUTURE IN
ACTION**

Cemex is committed to reducing its energy consumption by 10% in 2023. We can all act to protect our planet and support our business.



**I'M
HELPING
SAVE ENERGY**

Small changes,
Big savings



ON OUR SITES, THE SMALLEST CHANGES CAN MAKE A BIG DIFFERENCE



I maintain heating at no more than 21°C when buildings are occupied



I turn off the interior & exterior lights when the site is unoccupied (evenings & weekends)



I turn off my computer screen, and production equipment, when I leave



I close doors behind me so heat doesn't escape out of the building



ERIE
STRAYER

READYMIX PLANT MIXER

The real energy consumption of an Erie Strayer mixer was taken between 4pm – 7:30pm on one of our rail fed Readymix sites.

The mixer was running throughout this time and consumed 163kWh of electricity (about the same as 115 cycles on a domestic washing machine!)

The TRIAD cost was over £9,000, compared to a non-TRIAD cost of £45!

**FUTURE IN
ACTION**

Cemex is committed to reducing its energy consumption by 10% in 2023. We can all act to protect our planet and support our business.

CEMEX

What are the signs and symptoms of diabetes?

Are you worried that you, your child or someone you know may have diabetes?

The common symptoms of diabetes:

- Going to the toilet a lot, especially at night
- Being really thirsty
- Feeling more tired than usual
- Losing weight without trying to
- Genital itching or thrush
- Cuts and wounds take longer to heal
- Blurred vision



These symptoms can affect anyone - adult or child.

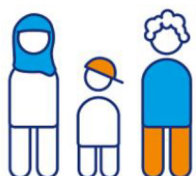
I have some diabetes symptoms. What now?

If you have any of symptoms of diabetes, you should contact your GP. It doesn't necessarily mean you have diabetes, but it's worth checking - early diagnosis, treatment and good control are vital for good health and reduce the chances of developing serious complications.

For more information, visit:

<https://www.nhs.uk/conditions/diabetes/>

<https://www.diabetes.org.uk/>



5 million

people are living with diabetes in the UK



12.3 million

people are at **increased risk** of Type 2 diabetes