



Welcome to UK News 10th October 2024
your weekly update from around Cemex UK

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HEALTH & SAFETY

Latest Safety Alert



The Latest Safety Alert relates to a contractor who was fortunate to escape serious injury when a mooring bollard failed and was pulled into the water.

You can read the alert at the end of this document and on the UK News download page:
www.cemexuknews.co.uk/downloads

The Alert contains learning points that are relevant to the wider business, including the need to ensure structural components are inspected in accordance with a formal scheme, required remedial actions are logged and tracked until completed, and condemned equipment is withdrawn from service.

Please discuss the Alert with teams as appropriate and consider whether any amendments are required to inspection and defect reporting schemes.

Action >> Please display the Alert on relevant notice boards. **Please 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>

ZERO LTIs in Asphalt and Materials



Congratulations to the Asphalt UK team who have achieved a fantastic 8 years LTI free milestone. Also, congratulations to the South West Materials who are celebrating 3 years ZERO LTIs.

Additionally, West Europe Materials achieved ZERO LTIs and TRIs in Q3 – this is the first time ever to achieve this milestone in a quarter.

Thank you to everyone involved for your commitment and focus on Health & Safety as our number one priority.



LTI and TRI milestones demonstrate that ZERO is possible, especially in challenging environments and working processes. With the right level of focus and attention to Health & Safety, our Zero4Life objective can be met and sustained.

Marine Team Receives Significant Awards



This week in Southampton, Lex Russell, MD UK Materials and Michel Andre, VP Materials West Europe, were proud to present the Marine team with two very significant achievement awards.

In the Global Awards earlier this year, the UK's Marine business won Best Performance in Aggregates in the sector awards, an achievement the team were extremely proud of.

Due to this significant global success the UK Health & Safety Committee agreed that the Safety Sword should be presented to the team in UK Marine. The Safety Sword, awarded each year to the operations, judged to have the best Health and Safety standards across the UK. It was first presented back in the 1960's, underlining the long history of prioritising Health and Safety across our business.

Many members of the Marine team attended the presentation ceremony with Lex and Michel.

Kurt Cowdery, UK Marine, said: "Congratulations to everyone who has contributed to these two significant achievements, I'm very proud of these awards. Thank you for continuing to look after yourselves and each other."

Zero4Life: Let's do it!

At Cemex, Health and Safety is our Number 1 Value and Priority. Our "Zero 4 Life: Let's do it!" program has been launched to support our journey to ZERO by ensuring the safety and well-being of our employees, contractors, and communities. We believe that every injury is preventable, and we are committed to achieving zero incidents across all our operations.

Click [HERE](#) for a reminder of what **Zero4Life: Let's do it** means for each and everyone one of us.

Together, we can make a difference.



Supply Chain Driver of the Year 2023

Cemex UK's Annual Driver of the Year event took place at the UTAC Millbrook test track on Wednesday 2nd October, with 15 of our Drivers from across our Aggregates and Cement operations put through their paces in a series of challenges to crown the Cemex UK Supply Chain Driver of the Year.

The day is held in memory of Keith Lacey, a former colleague, who sadly passed away just over 10 years ago. Keith was a big advocate of safe and efficient driving in the days before telematics were commonplace across the sector and Rob Wilkinson, UK Logistics Manager for Aggregate and Asphalt, took a moment to reflect on Keith's legacy before introducing this year's Driver to their challenges.



Our Drivers were split into five teams of three, who were then put through the following challenges in order to determine the Driver of the Year.

- **Defect Test:** Drivers had to identify and assess a range of defects that had been purposefully 'planted' on a stationary HGV vehicle to test them on their performance in relation to their Driver's safety checks.
- **Road Test:** Drivers were put through their paces on one of the many circuits at the test track, this course included inclines of up to 21% in places and Drivers were scored against their performance and handling around the test track.
- **Manoeuvring Challenge:** Drivers were challenged to reverse an aggregates truck through an obstacle course created from traffic cones, tightly navigating their way around the cones to manoeuvre the truck into its final position.
- **Off Road Challenge:** Using a 4x4 vehicle designed to meet the challenging conditions of the off-road course, Drivers made their way around a series of challenges including steep inclines, mud, water and a log drive, being awarded points for their control of the vehicle around the course.
- **Scalextric Challenge and Road Safety Quiz:** Points were also on offer for a road safety awareness quiz and a very impressive large-scale model Scalextric circuit with a 'Hot Lap' Challenge.
- **Hot Lap Luxury Sports Car Experience:** Drivers were also offered the experience of a series of 'Hot Laps' with a professional driver in a luxury sports car as part of the day.

Launch of our new range of DAF trucks

The day also had an additional bonus with our latest range of DAF trucks being unveiled for the very first time at the event. The new range of vehicles come complete with a whole host of upgrades and the very latest safety features, and we were delighted to be able to give our drivers a sneak-peak of these new vehicles.



Announcing the Winner and Runner-up

After taking part in all of the challenges, Drivers were then given an overall score before the winner and runner-up were announced. This year, Lukasz Gaszczyk for Aggregates was crowned as the winner of the Cemex UK Driver of the Year, with Leszek Forszcz for Cement being awarded the runner-up prize.

A fantastic day was had by all attendees, and it was great to be able to recognise our Drivers who have demonstrated the highest levels of safe and efficient driving over the past year.

You can check out all the action on the day by clicking here to see the photos and videos: [Go to this Sway](#)

A big shout out must also go to the day's sponsors who helped with various aspects of the event and ensured that the day could go ahead – Ford & Slater, Wilcox Commercial Vehicles Ltd, Microlise, Midland Commercial and DAF, and also Millbrook Vehicle Testing Centre for playing host.

Hatfield Team Host Health & Safety Day

In late September the team at our Hatfield quarry hosted a very successful Safety and Health Awareness Day on behalf of the South East Quarries & Landfill Group (SEQLG).

The day focussed on sharing and learning across the member companies of the SEQLG. Over 100 delegates from across over 10 companies, attended the day. Across the Hatfield site, topic stations were set up, attended by either a member of the South East Quarries & Landfill Group or another experienced presenter in the subject.

Subjects for the topic stations included working at height, fault finding, guarding, lock out and isolation, mobile plants, mental health and wellbeing, manual handling, noise and transport.

The day was an excellent opportunity for companies to discuss health and safety topics relevant to all and share best practice, experiences and new ideas.



CUSTOMER CENTRICITY

Internal Customer Survey – Your Voice Makes A Difference!

The Internal Customer Survey for H2 2024 is coming!

Launching on Tuesday 15th October, please look out for your link to our Internal Customer Survey from customer@experience.cemex.com



Cemex is committed to delivering a superior service in all our business activities. To achieve our objectives, we need to understand not only our external customers, but also the way our internal customers perceive Cemex intercompany processes and services regarding raw materials, such as ordering, scheduling, unloading, technical support and others.

Your voice makes a difference! Cemex recognises that listening to your feedback is the most valuable thing we can do to improve our Internal Customer service.

Based on your previous opinions we are already implementing the following improvements:

- The Cemex Go Tracking Access – has the ability to track orders internally and has been implemented across the UK Readymix business. We are developing an adoption report to check on usage against reducing the number of phone calls. The next phase will be to roll out to the internal tracking to other business lines.
- The Internal Customer Orders tool is now live for Readymix in Home Counties, South West, North West and the Midlands. The tool provides the ability for intercompany ordering for Cement, Aggregates and Admixtures. The intention is to roll-out in London, South Coast and Yorkshire during October.
- The Complaints Process – CRM Dynamics training is taking place for Cement, Readymix and Aggregates. This will include External and Internal Customer Service Complaints and Quality. We will then have the detail in a power bi to close the loop.

Look out for an email with a link to the Internal Customer Survey from customer@experience.cemex.com, which you will receive on 15th October. The survey will be open until 31st October. The survey should only take a few minutes to complete. Your first-hand experience and feedback will help us identify best practices.

Thank you in advance for your time and opinions and more importantly, for your involvement. We appreciate your participation in helping Cemex continuously improve our service and make our company a better place for all.



FUTURE IN ACTION

Regenera in Action at Coleshill

In line with our Future in Action strategy to increase the use recycled materials in our operations, we are delighted to share news about our new Regenera site at Coleshill, in the key metro market of Birmingham. The site commenced production at the start of September.

The new recycling facility has been rapidly developed through a partnership between Cemex and H.D. Ricketts, a major existing customer of the aggregates business in the Birmingham market.



Commenting on the new site, Phil Constable, Commercial Manager for Aggregates North, said “The site at Coleshill will allow us to increase our recycling activities significantly and rapidly in this key market for the UK. Through building on our long-standing relationship with a major customer who has a wealth of experience in recycling, we have been able to get up and running in a very short space of time with minimal investment.”

Commenting on the new site, Adrian Ricketts, Managing Director of HD Ricketts, said: “Working in partnership with Cemex builds on the existing close working relationship between our two companies and brings together the best of both worlds. While Coleshill still has some challenges to face, the combined expertise of H.D. Ricketts and Cemex will allow us to explore all the opportunities it presents.”

On the back of the experience at Coleshill, the Aggregates business is now looking to quickly develop other partnerships across key markets, demonstrating our commitment to circularity and accelerating our journey to net zero.

Largest Team Volunteering Event

Last week, our largest UK Lend A Hand event of 2024 took place at Moat House Primary School in Coventry near our UK Head Office. 22 members of the UK Land Development & Permitting Group took part!

On a slightly drizzly day the team’s volunteering activities included creating a sensory garden with lavender and herbs, painting motivational messages around the gardens, planting, tidying and weeding the school gardens, and tidying the special needs area. The largest focus was the sustainable drainage systems (SUDS) area where the team not only needed to make the area safe but also wanted to improve the biodiversity of the whole area which resulted in the team creating a number of hibernacula using the natural resources to hand.



The team also identified some projects for future opportunities including making safe a viewing platform using specialist recycled material that will not rot and by adding a perspex screen around the edge so the children can use the platform safely. Finally, to create a pathway down to the pond area with disabled access and ultimately, building a bridge/platform over the pond so children can get close to the water and the pond life.

Well done to the whole team who worked so hard during the day: Adam Laybourne, Alex Heath, Alex Finn, Alison Wise, Andy Barton, Andy Moss, Andy Scott, Chris Booth, Emma Cheshire, Emma Pearman, Heather Mbali Maphosa, James Carling, Liam Neil, Matt Shorland, Pardip Shoker, Pete Williams, Phillipa O Leary, Rob Marsden, Rob Yates, Stephen Redwood, Tom Cox and Tony Thomas.

The school not only received a welcome overall tidy up but the SUDS area, now partially renovated and made safe, can begin to benefit the school and the local wildlife.



How to organise your Lend a Hand

To support you and your team in finding local opportunities for Lend a Hand activities, Cemex UK has partnered with Neighbourly, a volunteering platform to support you to deliver social impact. Once registered, the new online platform will assist you in searching for volunteering activities in your local areas.

Click this link [HERE](#) to open Neighbourly. You can find instructions to register with Neighbourly [HERE](#)

If you need any further support using Neighbourly or organising your Lend a Hand activity this year, please contact Chiedza Mupfumira, Cemex UK Social Impact Specialist.

2024 Sustainability Best Practices – Register your initiatives

The 2024 Sustainability Best Practices campaign is now open for submissions, available until 18th December. This effort aims to recognise the best practices, projects, and initiatives, whether they're planned or already executed, across our global operations that contribute to our Future in Action program. Any initiatives set for 2024 are welcome to participate!



As Sustainability ambassadors, we're excited to see and recognise all the projects, ideas, and initiatives aligned with our Future in Action program in which you and your teams are working on.

For more details about the campaign and to register your initiatives, please visit the campaign site: [2024 Sustainability Best Practices campaign](#).

Don't miss out this opportunity to showcase your efforts and to win a global recognition at the Global Awards 2025 event.... and remember to spread the word to other colleagues with efforts related to Cemex's Future in Action program.

Any questions about the campaign or the registration process, please reach out the Corporate Sustainability team.



Win Some Great Prizes!

We are delighted to share that we have now raised an amazing £10,000 for Sense.

A huge thank you to over 400 friends, family members and colleagues who have donated to this fantastic total.

TOMORROW is your last chance to enter our raffle and win one of three goodie bags with Sense and Cemex branded goodies, along with an exclusive NEW Sense cycling jersey.



To enter the raffle, simply click this unique JustGiving link [HERE](#) (or scan the QR code) to donate to Sense and for every £1 donated, this will count as an individual raffle ticket (e.g. £10 buys you 10 raffle entries).

Look out in next week's UK News for the three lucky winners! It could be you if you donate!

Good luck and thank you.



PROFITABILITY

Digitising our Operations

As part of the global Digital Forward strategy, The Operational Excellence team is working on several initiatives to digitalise operations.

Checkproof, our digital checklist tool, now has over 1,000 users across six countries, and we are expanding its RFID tagging functionality. Centrica's Panoramic Power system monitors energy and water usage in over 100 Readymix plants.

Moasure's 3D measurement tool is being trialled for stockpile measurement, and Vega's real-time inventory system is enhancing stock visibility at our Aston Readymix plant.



Watch our digital projects update video [HERE](#) and follow us on our journey... the future is digital!



Compressor Management and Efficiency

What affects Compressor Efficiency?

- **Age of the compressor** - Older compressors are less efficient than newer ones.
- **The type of compressor** - Different types of compressors have different efficiencies.
- **The size** - Smaller compressors are generally more efficient than larger ones.
- **Operating conditions** - The efficiency of a compressor can be affected by the operating conditions, such as the pressure ratio and the inlet air temperature.
- **Frequency of maintenance and servicing** - Performing regular maintenance and servicing can help to keep a compressor running efficiently.
- **Environmental conditions** - High humidity and high ambient temperatures can reduce the efficiency of a compressor.



The Operational Excellence team has been working on compressor management and efficiency guide as part of the 50,0001-energy audit and a compressor efficiency project in Readymix.

The team has created a comprehensive guide on the subject, which outlines the various factors that affect compressor efficiency, such as the type and model of the compressor, its

size, usage, maintenance frequency, and environmental conditions.

The guide highlights common causes of compressor inefficiency, including irregular maintenance, low-quality air intake, poor system design, high operating pressure, dirty air filters, and inadequate lubrication. To address these issues, the guide provides practical steps to prevent overheating and the importance of performing regular maintenance. It aims to help teams optimise their compressor systems, ensuring efficient and reliable operation throughout the year.

You can view the guide on Sway [HERE](#). It is a valuable guide in helping to improve the efficiency of your compressor systems.



EMPLOYEES

STOPTOBER: A Personal Story

This month we are sharing the STOPTOBER campaign, a nationwide NHS campaign aimed at helping individuals quit smoking. This is the next initiative as part of our ongoing Wellbeing Strategy Group 2024 plan.

If you are a smoker, smoking cessation is one of the most significant steps you can take to improve your health, and STOPTOBER is designed to provide the support and resources you need to make this positive change.



What is STOPTOBER?

STOPTOBER is a month-long NHS campaign that encourages smokers to quit for 28 days. Research shows that if you can stop smoking for 28 days, you are five times more likely to quit for good. The campaign offers practical support, expert advice, and a sense of community to help you stay on track.

During the month, we will be sharing further resources, along with some personal stories from some of our colleagues, about their paths to quitting, and beyond.



This week Hugh Reynolds, Supply Chain Compliance Officer, shares with us his personal story. He started smoking at a very early age and finally after many years and with support from the NHS Hugh managed to quit smoking cigarettes. Here is his story...

By Hugh Reynolds.

I always remember the first ever cigarette I had.

Being born in the 1950s smoking was the norm; my father was a smoker and continued to the day he passed. Back then everyone smoked!

We were visiting our grandmother's house and across the road lived was one of her friends, an old lady with a budgie, and she offered me and my brother a "drag on her fag". We both had a go and subsequently coughed so much I threw up! I was about 5 years old then!



Moving on a couple of years until I was about 8 or 9, people all around smoking, dad smoking in the house, me and my friends thought we will have a go, back then shop keepers would let you buy single fags. We went to the park, climbed a tree and sat up there smoking and coughing till we were dizzy, and then sick. This became a regular thing. And so, it went on, smoking behind the bike sheds, to and from school, out playing in the evening.

Then came the 70s. I joined the army, freedom to smoke anywhere, ashtray by the side of the bed, falling asleep with a fag in your hand. Fast forward to the 80s. I got married, had kids, still smoked but I thought I would have a go at giving up, as smoking around kids back then wasn't the best. My then mother-in-law thought it would be a good idea pay for me to try Hypnosis to give up. I went for the session, which didn't work so back to smoking. I tried acupuncture, that worked for about 6 weeks, then stopped and went back to smoking. And so, it goes on. My mindset was: "I just didn't want to give up."

All this time, up until the late 90s my job role was driving HGVs, mixers, tippers and you got into a habit, truck was loading, fag, cup of tea, fag, going to site, fag, not actually needing one for any reason, just the habit. When I came off the trucks and went into the office you could still smoke so..... phone rings, fag, cup of tea, fag again, nothing stopping me.

Moving on to the noughties

It started to get more of anti-social to smoke indoors, in pubs etc., but I still found somewhere outside to have one. In the early 2000s I briefly tried one of the "quit smoking drugs" Zyban, unfortunately they made me so cranky my wife begged me to start up smoking again.

Roll up-Roll up- Roll up!

I moved on to rolling my own, great result, 'The more you smoked the more you saved' was my motto and that stuck with me until one day in July 2019 I went to the doctors for a routine blood test and the conversation went:

Nurse said: "Do you smoke?", I said: "Yes", Nurse said: "Do you want to give up?", I said: "Yes, let's give a go, I am fed up with smelling like an old ashtray." She went on to talk about the stop smoking campaign they have at the NHS and what support they provide throughout the smoking cessation period, what products



they provide on prescription and that I would have regular meetings with the nurse to see how things are going. So, I thought (still not 100% wanting to quit) let's give it a try.

DAY 1

17th August 2019: The first day without an actual cigarette, what was I going to do with myself? How am I going to cope? How am I going to sleep, eat, drink tea, without a cigarette in my hand? PANIC! However, the NHS came to my rescue. Before the day of stopping, I had a prescription which included patches and a nicotine puffer to use when you had a craving. I was skeptical about the puffer, but it really helped. Day 1 led to Day 2 and so on. Yes, it was tough to start but with the regular visits to the nurse and encouragement from my wife, I got there.

Present day

I haven't had a cigarette since the Day 1 of quitting, however, I do vape. Do I get a buzz from vaping? No. Is it still a habit? -yes, is it still a bad habit – the jury is out on that at the moment, but from an NHS point of view, you are still a 'Nonsmoker'.

Do I still need the nicotine hit? No. Why am I doing it then? I don't know. "Throw it away then?" I could do and I probably will do at some point but after so many years of smoking cigarettes, I am proud of what I have achieved, after those 6 decades.

If reading my story resonates with any of the smokers out there, have a think, have a go and give the cigarettes up, you know it makes sense!!!!

Support and Resources

STOPTOBER provides a variety of resources to help you on your journey to becoming smoke-free. Here are some key tools and support networks available from the STOPTOBER Website: <https://www.nhs.uk/better-health/quit-smoking/>

At the end of this document and on our UK News website [HERE](#) you can find some STOPTOBER resources for printing and sharing on our workplace notice boards and wellbeing notice boards. Click the links below to access and download.

- **Stop Smoking online resources – you can find this at the end of this document**
- [Quit Smoking App](#)
- [Tips to quit smoking](#)
- [Stoptober_posters_3](#)
- [Stoptober_posters_4](#)
- [Stoptober_posters_2](#)
- [Stoptober_posters_1](#)
- [Stop Smoking ZCard](#)
- [Benefits of quitting smoking](#)

STOPTOBER is an excellent opportunity to take control of your health and quit smoking for good. With the right support, resources, and determination, you can achieve a smoke-free life.



Let's make this October the month we all breathe easier together!

World Mental Health Day



Today is World Mental Health Day, so let's all come together to talk about mental health and show every one that mental health matters.

Every year in the UK, one in four of us will experience a mental health problem, but too many of us aren't getting the help we need. According to the Mental Health charity Mind, over 2 million people are waiting for NHS mental health services, and since 2017 the number of young people struggling with their mental health has nearly doubled.

At Cemex UK, we want to create a culture where people feel comfortable to talk to their colleagues if they think they might need help, or if they spot a sign that something is up with someone they work with. Through our Wellbeing campaigns, we aim to provide you with resources that can support you, either to help yourself, or, to help your colleagues.

Earlier this year we ran our Time To Talk campaign, encouraging you to take time out to have a chat with your colleagues, ask them how they are doing and make those first steps towards being there for each other. We once again would like to ask you to take some time out with your colleagues, friends and families.

Together, go through the resources which you can find below, online [HERE](#) or scan the QR, take time out to [watch the video](#), and please **share the posters on your work place notice boards, or Wellbeing notice boards.**



In our online Mental Health Resources folder you can find the following pdfs for:

- NEW!! [Spot signs of burnout](#)
- NEW!! [Self assess your mental wellbeing](#)
- NEW!! [Talking to someone about mental health](#)
- [Feeling anxious or depressed?](#)
- [Top tips for easing anxiety](#)
- [Mental Health Awareness - Online resources](#)
- [Mental Health Awareness - Can you spot the signs](#)
- [Mental Health Awareness - Tips for helping someone](#)
- [Watching the Pennies](#)
- [Wellbeing Webinars Feb24](#)
- [Workplace health guide](#)
- [Stress awareness poster](#)
- [MPA COVID Mental health and wellbeing employees](#)
- [Mental Health poster](#)

For further online support please try these organisations who have a large amount of information and resources to help you. <https://www.mentalhealth.org.uk/> or <https://mentalhealth-uk.org/>



Our Employee Assistance Programme

Did you know that Cemex offers all employees a free, confidential employee assistance programme called Lifestyle Support?

You can find a guide all about How Care first can support you at the end of this document and in the UK News website:
www.cemexuknews.co.uk/downloads

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.

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).



Do you need support? Care first

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 or concerns such as family matters, debt, relationships, bereavement, depression and anxiety.

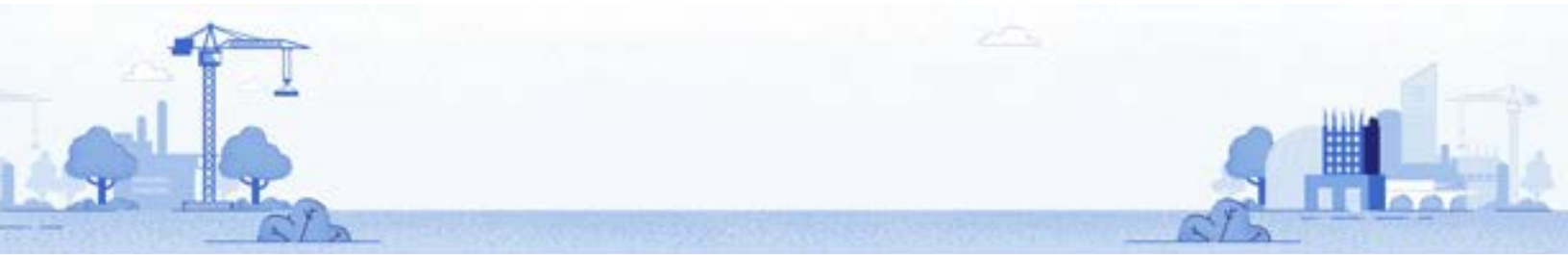
It is run by a separate provider and not part of Cemex; we don't receive any employee specific information from them.

 **Call 0808 168 2143**
Visit www.lifestyle-support.co.uk
Username: cemex
Password: cemex



Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
173-10-2024	Sales Administrator – (Maternity Cover 6-12 months)	Urbanisation Solutions - Admixures	Binley	17/10/2024
174-10-2024	Project Manager	Operational Excellence/UK Engineering	South East Hub	17/10/2024
175-10-2024	Engineering Project Manager	Operational Excellence/UK Engineering	Hub Office	17/10/2024
176-10-2024	Sales Executive	Materials - Readymix	Fulham	17/10/2024
177-10-2024	Planner	Aggregates Permitting	Binley	18/10/2024



178-10-2024	Customer Service Representative(s) (plural)	Customer Experience - Readymix	Binley	11/10/2024
179-10-2024	Transport Planner(s) (plural)	Customer Experience - Readymix	Binley	11/10/2024
180-10-2024	Plant Manager	Materials - Readymix	Cardiff	22/10/2024
181-10-2024	Cash Sales Agent	Customer Experience - Readymix	Binley	15/10/2024
182-10-2024	Sales Representative (1 year Maternity Cover)	Urbanisation Solutions - Asphalt	Lincoln	22/10/2024
183-10-2024	Sales Agent	Customer Experience - Readymix	Binley	16/10/2024
184-10-2024	Multi Skilled Operative (days)	Materials - Aggregates	Dove Holes Quarry	23/10/2024
185-10-2024	Multi Skilled Operative (backshift)	Materials - Aggregates	Dove Holes Quarry	23/10/2024
186-10-2024	Multi Skilled Operative	Urbanisation Solutions - Asphalt	Selby	23/10/2024

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.



UK SA15/2024 – 08.10.24

Display Until
01.11.24



SAFETY ALERT

MOORING BOLLARD FAILURE (HiPo)

DETAILS OF THE INCIDENT

Contractors were engaged to carry out mooring of a ship as it came alongside a wharf.

As the ship was approaching, the mooring team on the wharf took the rope to enable the stern / rear of the ship to be pulled alongside. The rope was attached to a bollard on the wharf edge and the ship proceeded to pull on the rope to bring the stern in. As tension increased in the rope the bollard failed and was pulled into the water.

There was no injury but the individual who attached the rope could have been seriously injured by the detached bollard.

KEY FINDINGS

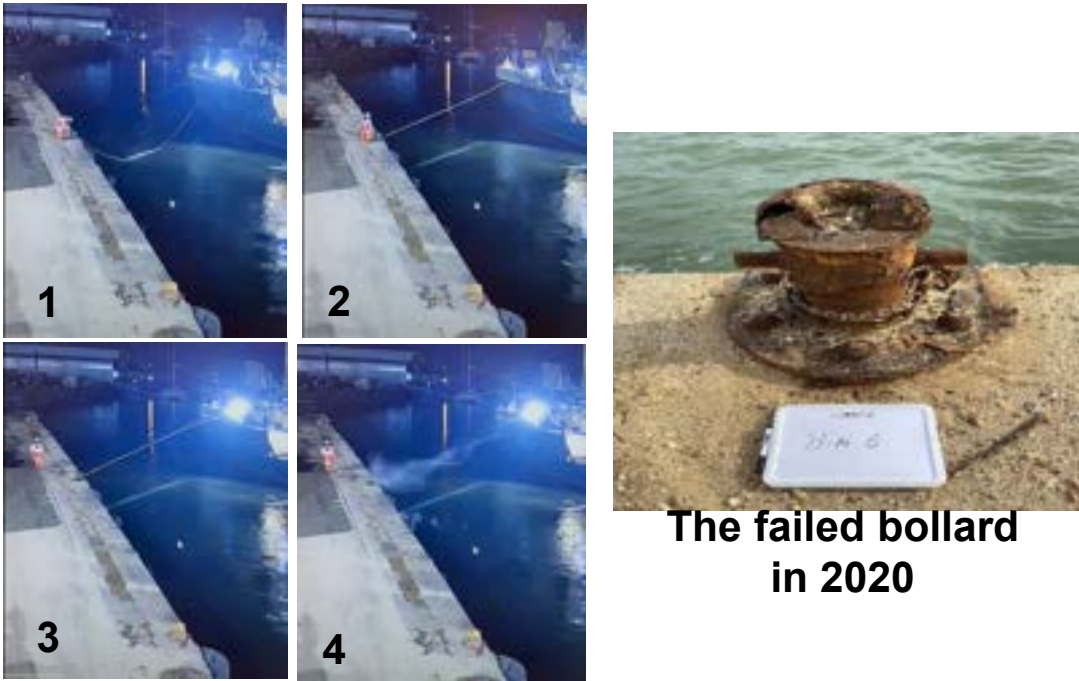
Structural Integrity	The bollards had been inspected 4 years previously and found to be structurally unsound with the failed bollard identified as “not fit for purpose”.
Isolation of Equipment	The failed bollard was not supposed to have been used, but had not been marked as out of service.
Inspection & Maintenance	There was no formal inspection and maintenance scheme for quayside bollards.
Instruction & Training	The mooring team had not been instructed that the failed bollard should not be used.

HOW COULD THIS HAVE BEEN AVOIDED

- The bollards should have been replaced in accordance with the earlier inspection report.
 - The bollard that failed should have been identified as out of use.
- ☒ ELIMINATED ☐ REDUCED ☒ ISOLATED ☐ CONTROLLED ☐ PPE

KEY REVIEW POINTS

- Are mooring bollards periodically inspected?
- Are required remedial actions logged in the same way as structural defects and tracked until resolved?
- In the event of weakened structures are they isolated, with appropriate interim controls in place and, in this case, removed from use?



The failed bollard in 2020

Look after yourself and each other

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

Tools and Equipment

Use the right, well maintained, tools/ equipment for the job. Never make do.

Safe Systems

Follow safe systems of work, site rules, signage and traffic signals.



STOP THINK ACT

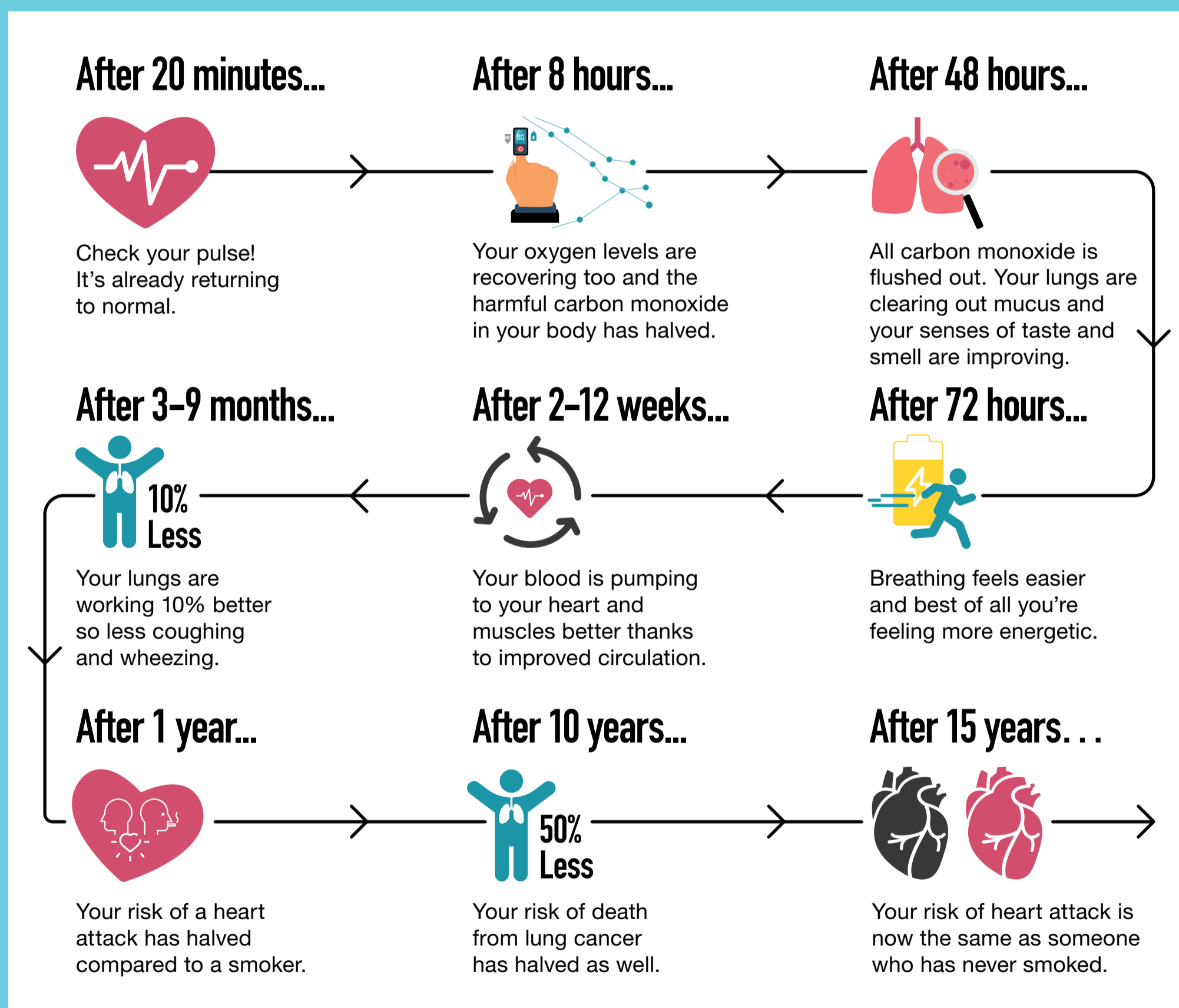


HM Government



What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free for free support and advice

**Better
Health**

**Let's
do this**

NHS Quit Smoking App



An **app** is a computer programme for your phone, tablet or computer.



You can get the free NHS Quit Smoking app.



The app helps you to:

- Get daily tips and support about how to quit smoking.
- Keep away from the things that make you want to smoke.





- Keep a record of how well you are doing.



- See how much money you are saving.



- Choose a Quit Buddy so you can quit smoking together.

Tips to quit smoking



There are lots of tips to help you quit smoking.

Some easy ones are:

- Making a list of reasons why you want to quit smoking.



- Using stop smoking aids, like **nicotine** gum or electronic cigarettes, also called vapes.

Nicotine is the thing in cigarettes that makes you want to smoke them.



- Stay away from things that make you want to smoke.



- Throw away any cigarettes you have.



You can find more tips on the Better Health website:

www.nhs.uk/better-health/quit-smoking



Better Health provides lots of free tools and support to help you make healthy changes.



As well as helping you quit smoking, you can also get help to:

- Lose weight.



- Get active.



- Feel less stressed.



Find out more on the Better Health website:

www.nhs.uk/better-health

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Stop smoking for Stoptober and you're **5 times more likely** to quit for good.

Search **Stoptober**
for free support





STOP SMOKING AND GOOD THINGS HAPPEN

Join the thousands of smokers
committing to quitting this October



**NHS
Quit Smoking
Support &
Stoptober
Campaign**

**National Helpline: The NHS Smokefree
helpline offers free advice and support
from trained advisors. Call 0300 123 1044**

Useful weblinks if you need support



**Stop
Smoking
Aids**



**Stoptober
Facebook
Support
group**



**Personal
Quit Plan**



**Cemex
Employee
Assistant
Portal**



Useful weblinks for Mental Health support

Mind



**NHS
Mental
Health
Services**



**Every Mind
Matters**



**Hub of
Hope**



**Cemex
Care
First
EAP**



SANEline



Samaritans



**National
Suicide
Prevention
Helpline**



**Sea Farers
Welfare**





✕ Employee Assistance Programme

How Care first can support you...

Counselling support

Our team of professionally trained, qualified and BACP accredited counsellors are available 24/7 to offer support for personal or workplace related issues. As well as the headline issues surrounding mental health, our Care first counsellors are also trained in dealing with both work and home grievances, bullying & harassment issues, domestic violence, relationships at both home and at work and much more. No matter how big or small the problem may be, our counsellors are here for you to provide you with unbiased support away from the situation. Everyone has very individual needs for support, Care first provides short term focused counselling, so the Care first counsellor will assess your circumstances when you call to establish what the most appropriate form of support will be for you. It might be that you just need a brief conversation with the counsellor that day, or you may benefit from a few more sessions.

Information Specialists

As control, or the lack of it, can be an influencing factor on the impact of stress. Many individuals identify stress as emotional. However, a lack of control around practical issues can be just as impactful. We have expert advisors that have been trained by Citizens Advice who can provide you with comprehensive answers and assistance on a wide range of practical issues which can affect our daily life, these include but are not limited to; redundancy, advice on funerals and probate, legal information, housing and tenancy issues, childcare, elder care, health, consumer issues, employment, travel and education.

Our Information Specialists are also money trained experts and can provide support with a variety of financial queries such as help with budgeting finances and advice with benefits. You can speak with one of our Information Specialists confidentially Monday-Friday between 8am-8pm.

Management Support

If you are a manager, have leadership responsibilities, or look after a team within your organisation, it is as important as ever that your colleagues are made aware of the range of support available from Care first. As well as supporting you to signpost your colleagues to the Care first service effectively to maintain your managerial boundaries, Care first can also provide you with support within your role as a manager. Care first counsellors are all management trained and can provide support with issues such as if the organisation is going through a period of redundancy, managing change and difficult conversations, workplace performance, remote working, absence management and disciplinary.

Care first Lifestyle

Through the Care first lifestyle site you can access a wide range of supportive information, read helpful articles published by our team, view Webinars covering a variety of well-being topics and even speak with a Care first counsellor in real-time via our online counselling facility.

You can log into your account by visiting www.carefirst-lifestyle.co.uk and logging in using your organisation's unique log in details. If you are unsure what these details are then please contact your line manager or HR department. The Care first Lifestyle website is great place to go to learn more about Care first and the different areas that we can support in.

Care first service
BACP counselling
Information specialists
Management support
Care first lifestyle
How it supports?
Mental wellbeing
Practical issues
Support for managers within their working role
Hub of resources and information

How all of these above services link together

As you can see from the above table, all the services that we offer complement each other to ultimately encompass an individual's overall mental and physical wellbeing, which enables individuals to access professional and clinically proven support.

Our counselling support is available 24/7 to help individuals with any emotional issues that they may have. Our Information Specialists can help individuals with practical information and advice. This practical support is so important because if an individual is concerned about a practical issue, then this can cause detrimental effects to their emotional wellbeing. By getting some support from an Information Specialist this will provide the individual with some clarity on that particular issue, which may help them to feel more in control of a situation and relieve some anxiety.

The Care first Lifestyle site can help individuals who are concerned about an issue. The individual may not know where to start and they can have a look at the resources on our Lifestyle website which may be enough to help them.

The Lifestyle website is a great starting place to learn about the types of issues that Care first can support with. The individual can also access our online counselling tool through the Lifestyle website which is an alternative way to access support from a counsellor. By an individual looking through all the resources on our Lifestyle website this can help them to get answers about an issue they may be having.

Again by getting some clarity on their issue this may have a positive effect on their mental wellbeing.

If you wish to contact the Care first telephone counselling and information line then please don't hesitate to call the Freephone number provided below and you can speak to a professional in confidence.

Visit: www.carefirst-lifestyle.co.uk to view our articles on health and well-being, or call **0808 168 2143** for in the moment support.