BEST PRACTICE

LOCATION:		ARTICLE YEAR:	2009
ACTIVITY:	Occupational Health	COMPANY:	CEMEX UK
SUB ACTIVITY:	N/A	COMPANY LOCATION:	Wolverhampton Road, West Midlands
BEST PRACTICE No:	BP676	COMPANY TEL:	07711 537523

TITLE			
CEMEX UK Health Essentials			
ARTICLE			
CEMEX UK has made significant advances in the safety of its operations.			
In 2008, it decided to apply some of the principles used in safety management to help improve the health of its employees.			
It introduced •Health Essentials•, 12 key health messages for employees. The health messages were introduced over a 12 month period focussing on a different message each month.			
The programme was designed to be informative rather than prescriptive and the information was distributed through channels such as the in-house newsletter, notice boards, safety meetings and tool box talks.			
Packs were developed including self assessments and quizzes designed to make people think about their lifestyle.			
The 12 Health Essentials are:			
 Healthy heart. Safeguard your back. Eat and drinking wisely. The benefits of regular health checks. Eye and hearing protection. Protect your skin. Preventing stress. Vaccines. Safe hands. Ensuring good air quality and use of respiratory protection. Drug awareness. Sleep well. 			
Awareness of health issues has risen amongst the workforce. Absence levels are falling and take up of voluntary health surveillance is increasing.			
ARTICLE IMAGES			