BEST PRACTICE

LOCATION:	**Aggregate Dredger**	**ARTICLE YEAR**	**2011**
ACTIVITY:	**Occupational Health**	**COMPANY:**	**CEMEX UK**
SUB ACTIVITY:	**N/A**	**COMPANY LOCATION:**	**Marine**
BEST PRACTICE No:	**BP791**	**COMPANY TEL:**	**02380720236**
COUNTRY OF ORIGIN:	**United Kingdom**		

TITLE

Health, Fitness and Well Being 'On-Board'

ARTICLE

Description

The health, fitness and well being of CEMEX employees and contractors is a priority and no more so than for those working at sea on the company's motor vessels where restrictions apply.

CEMEX, as part of their continuous campaign and commitment to their employees and contractors circulated a health initiative in 2009 called 'Health Essentials' which covered 12 key topics regarding health and well being. These topics were rolled out over 12 month period these being:

January: Healthy Heart February: Safeguard your back March: Eat and drink wisely
April: Watch your health May: Look and listen June: Protect your skin
July: Prevent stress August: Vaccines September: Safe hands
October: Lung power November: Drug awareness December: Sleep well

This was further followed in 2010 with an initiative called 'Stay Healthy, Healthy Hints' which focused on promoting and improving overall day to day and long term general fitness of the workforce and to further promote the 2009 Health Essentials initiatives.

As part of this initiative, CEMEX UK Marine invested in low impact exercise equipment e.g. treadmills, cross trainers, etc to assist in improving the overall general fitness and moral of employees and contractors who work, sail and live on board ship for three to six week durations. Historically there had been limited opportunity to access fitness facilities which ashore were freely available and taken for granted. Space on a ship is limited, but through reviewing everyday work activity, suitable space was identified which would be appropriate and the equipment was set up. This gives an area where everyone on board can take advantage of the facilities and improve your health and also reduce stress after a busy day.
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Benefits

- Improved fitness of employees and contractors working on board ship
- Improved moral of employees and contractors
- Reinforced CEMEX commitment to looking after the health and well being
- Created an area where the crew could get away from the normally restricted life on board.

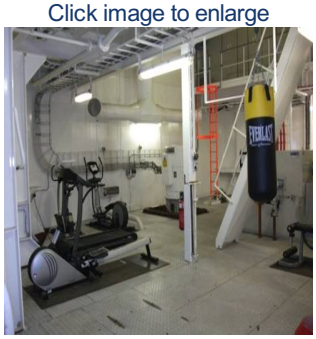
ARTICLE IMAGES

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Health Essentials

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Gym