



Work Zone & Distracted Driving Awareness - pg. 6



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Cintra's new HS&W Web Page



Andrés Sacristán Cintra CEO

Celebrating World Day for Safety and Health at Work. Celebrating life!

I hope this finds all of you well and safe. We have learned in the last two years we cannot take our health for granted and we need to take care of ourselves every day to maintain and improve our wellbeing. Health is delicate and we need to cherish it in every minute of our lives, looking after ourselves and others - your loved ones, your team members and colleagues.

In Cintra, we strive every day to preserve the health, safety and wellbeing of everyone who works for and with our organization. This newsletter, which you can also find on Cintra's new HS&W web page, will help us accomplish this lofty goal and further build our safety culture across all concessions.

Our strategy for achievement is based on you, and these are our expectations for this life-worthy part of your daily job:

- Leadership: Our people inspire, care and are uncompromising in delivering our HS&W expectations.
- Competence: We have colleagues who are trained and competent to deliver

their roles.

- Resilience: We are agile and prepared to protect our people, stakeholders and business from adverse events.
- Engagement: We have a learning environment that enables knowledge sharing, innovation and effective risk management.

This newsletter is a form of knowledge sharing, highlighting tips and the impressive safety actions of individuals, teams and concessions.

Please join me in celebrating and communicating the safety efforts of our colleagues. Whether you work in a toll booth, drive a snow plow or supervise a team, we want to hear from you.

If you would like to highlight a colleague or concession safety initiative in this newsletter, please email healthandsafety@cintra.es.

I appreciate and recognize the dedication and preparedness you bring to your job. Individually and collectively, we strive to be **Always Safe, Always Ready.**

Stay safe,
Andrés Sacristán

WHO'S IN THE SPOTLIGHT?



Oscar Hernando Santamaría
Environmental & Quality Manager



A 66 Benavente-Zamora SPAIN

Pablo Andrés Justo
Roadway Maintenance Crew



David Vega García
Patroller

WE THANK YOU FOR... [from Francisco Moreno, CEO]

Oscar: ...YOUR **commitment, hard work and leadership.** Oscar has been our key person in the cultural change process of our workers' view of Health & Safety. His role has been fundamental to improving communication with our front-line workers."

Outcome: A stronger safety culture throughout the concession that supports ASAR.

David & Pablo ...stepping forward and reporting HiPo incidents when the easiest thing for you both to do was not say anything since you were on your own and there was no material of physical damages to be reported."

Outcome: An EIR was performed, having the opportunity to review procedures, controls in place and have talks with the group about the incidents.

Pablo: "I made a mistake thinking I could access the ramp (in the maintenance facility) without any problem maneuvering the truck the way I did. Knowing this could happen to one of my teammates and wanting to see if the access ramp could be improved made me report the situation."

RUTA DEL CACAO COLOMBIA

Team:

“...YOUR contributions and commitment in the continuous improvement of controls and preventive measures for safety and health at work.”

- Anton Maese, General Manager



AUTEMA - SPAIN

Esther Bartroli
 Administrator Officer,
 Operations Department



WE THANK YOU FOR...

...YOUR immediate response to a stranger having a heart attack and your courage to perform CPR, using only the lessons you learned from Autema's annual First Aid class. The man was a passenger in a car driving by the concession. Without hesitancy, Esther called the paramedics and followed their instructions.

Outcome: A strong reminder of the importance of concessions' First Aid class. You never know when you'll need it - **Always Safe, Always Ready!**



Esther: "All of a sudden, I was in front of an unconscious human body that urgently needed help... When asked, I told the paramedics I had some knowledge of CPR thanks to the First Aid and CPR Courses given by the Company every year. Overcome with adrenaline, everything was instinctive and that was when I was really glad I had gone through the training."

Autema holds 2nd Annual Health & Safety Brainstorming

“If you want the solution to a problem, you only have to ask.”
 - Christian Torrell, Autema CEO

And ask they did - each and every employee. Instead of leadership deciding what safety improvements should be made at the concession, Torrell and Xavier Tobella, Health & Safety and Toll Manager, asked employees. This action gave birth to an **annual Health & Safety Brainstorming**, now in its second year.

“I have noticed more participation during high-potential incident trainings, more cooperation and collaboration.” - Tobella

OBJECTIVES

- Employee engagement in their own safety and the safety of others.
- Rethink safety - the danger could be right in front of you. Complacency happens when you no longer notice the potential dangers around you.

OUTCOMES

- Motivated employees, demonstrated leadership's integrity and created a safer workplace.
- Leading by listening and considering the needs of all employees before making a decision led to a more engaged and responsive staff.
- Autema's Health & Safety Committee.

The result of this responsive leadership approach led to 29 safety improvement ideas, eight of which they implemented last year. This year they have already completed two of the new ideas submitted.

2022 Ideas Implemented so far:

1. Personalized label on each employee's hard hat identifying their blood type and allergies.



2. Parking all private vehicles in a tail-parking mode for a faster and safer exit should an emergency occur. This measure was added to the safety guidelines of the emergency and evacuation plan.



For 2021 implemented employee safety ideas, contact Autema.

ALGARVE PORTUGAL

Algarve, Via do Infante, joins Norte Litoral in obtaining the prestigious **ISO 45001**, another step towards **Always Safe, Always Ready!**

Benefits of the ISO 45001

- Minimizes risks to employees & others.
- Improves business performance.
- Establishes a responsible image in the marketplace.
- Avoids potential fines & penalties.
- Provides proactive versus reactive compliance.



Algarve Principal Meeting. Left to Right: CEO Alberto Toledano; QES Manager Raquel Chaves; Paul Luzia, Paulo Vieira, João Mendes and António Martins of the Road Patrol Team.

I-77 Safety Summit

Moving toward a safety culture of empowerment

Charlotte, North Carolina, USA

If you don't think you can build a safety program that quadruples employee training hours and earns your concession the local reputation of having great training, you're wrong.

You can and that's exactly what I-77 CEO Jose Espinosa and Safety Manager Greg Freeman did with the support of their entire team.

Greg will tell you it takes hard work, consistency and "one miracle at a time." He'll also tell you his CEO is one of the contributing factors for the success of I-77's safety program.

“Jose goes far and beyond the average CEO. He came to the safety summit and he comes to our safety meetings every Tuesday morning. If I'm not calling him, he's calling me.”

This year, Greg held I-77's **first Safety Summit**. It only lasted one afternoon, but the outcome will last for years.

THE DIFFERENCE

What made this meeting stand out for everyone? Greg invited contractors and subcontractors to attend. And once the Operations & Management Team and IT Department finished their presentations and left the room, I-77's field employees and subcontractors began connecting in a way they had not before. They shared information, asked questions and voiced their opinions.

“I wanted these contractors to understand that one, you represent I-77 and two, you represent yourself,” says Greg. “Our goal is to make sure everyone is part of one big family, and everyone goes home at the end of the day. If you can't be safe or embrace our safety culture, you don't need to be here, because when you're in the House of I-77, you must follow our rules.”

THE REASON WHY

This informal part of the summit allowed everyone to speak their mind.

“There was no question too crazy or off the table, so it allowed them an opportunity to openly express their opinions and perspectives,” says Greg. This open environment allowed subcontractors to ask for the reasoning behind requirements like why they need to notify the concession that they are on site working.

“One of the things I was noticing was an inconsistency with getting the message out to everyone, so I wanted to make sure that here at I-77 my contractors and our internal management team are all on the same sheet of music,” Greg said. “A lot of the time the information doesn't make it to the field, so this was an opportunity to bring everybody in the same room and talk about the good and the bad, help them understand our safety culture and what we expect from everybody.”



Photo: Greg Freeman, I-77 Safety Manager, and Aaron Vickers, Cintra Global Health & Safety Director.

They talked about policies and procedures, accident reporting, pre-construction and PPE expectations, risk management and more.

“We try to get contractors to understand this job is high risk, low frequency. When you come, we're going to take the extra steps. You've got to have a safety plan. Your safety plan is going to be reviewed, your traffic control plan is going to be reviewed, someone is going to look at your PPE - it's not optional.”

New & Improved PPE of the I-77



Maintenance Technician Darius Jackson wears I-77's new, top-of-the-line Personal Protective Equipment.

I-77 provides all of an employee's PPE from hard hat to boots, including prescription safety glasses.

Reflective Vest & Pants by Carhartt

Prototype Hard Hat with Built-in Safety Glasses by Kask

Not Pictured: Night vision safety glasses by HexArmor



What were some of the focused discussions?

1. Live Traffic: The I-77 crew is trained for it, but many of the subcontractors are experiencing this for the first time.

"That is one of the biggest things to get contractors who traditionally have not worked on an interstate highway to understand, that you are always high risk because of the traffic. Like I always say, every time you pass a car, you pass death within two feet."

2. Simplicity: Everyone agreed when it comes to management communicating processes and procedures, keeping it simple, clear and to the point is best – skip the elaborate presentations and PowerPoints.

3. You Get What You Give: If you want someone to just do paperwork and send it back to you so you can check the box, then that's the kind of safety program you're going to get.

4. One Team: To be effective, you have to interact with your subcontractors because they are an extension of your team. "Everyone should feel they can stop an unsafe act. That's the message we're selling – when you come here in the morning, we want you to go home and see your family in the evening."

What was the Summit's outcome?

“That contractors asked me when's the next one and people took what we talked about and showed them and implemented it in their own programs. That's what it's all about,” said Greg

- ☐ The empowerment to take possession of their own safety. It gave ownership of the safety program to the people who use it.
- ☐ Demonstrated a safety program supported by leadership and management.
- ☐ Recognition that subcontractors are equal to our employees and share the same concerns.

“Prior to this, our guys' attitude was, they're just a sub. We don't have to work with them, we don't have to talk to them. Now they know, we're all equal, we're all safety managers and a sub can call you out as well. Their success is our success and our success is their success.”

What is your final advice to anyone implementing a safety program?

“I focus on the boots-on-the-ground because whenever I go out, they know that I care about them,” said Greg. “It helps me to build a working relationship with them. Jose has done that as well and he has won their hearts and souls. They would follow him to Hades and back.”

Distracted Driving

Our TEXpress Lanes call attention to distracted driving

Fort Worth, Texas, USA

North Tarrant Infrastructure (NTI) and NTE Mobility Partners (NTEMP) held a news conference and an on site safety training session on April 12 to promote Work Zone Awareness Week and Distracted Driving Month.

Over 400 of our employees, subcontractors and vendors attended to draw public attention to the reality that workers, drivers and pedestrians die when drivers drive distracted around active work zones.

With more than 3,000 active work zones across Texas, our safety representatives at NTI and NTE MP, as well as Ferrovial Construction, spoke to the crowd about the critical importance of safety in road construction work zones. They also reminded contractors and vendors this danger applies to their own workers in the zone.

“Last year, more than 26,000 traffic accidents happened in work zones in Texas, which resulted in 244 deaths,” said Luis Torres, Environmental, Quality & Safety Director, NTE Mobility Partners. “This is a 33% increase in construction zone traffic fatalities from 2020.”

Cover Photo: Gustavo Robles, QA/QC Specialist; Robert Hinkle, Corporate Affairs Director; Operations Engineers Paritosh Upadhyay and Utsav Kachhadiya; Luis Torres, EQ&S Director; Ruben Roman Gonzalez, Deputy CEO; CEO Ignacio Del Pino; Maintenance Technicians Kevin Porter, Andrew Robinson, Shawn Sheriff; Adam Tobias, Maintenance Supervisor; Maintenance Techs Edward Longoria, Santos Garcia, Edgar Salas.

[1] LBJ Express/NTE/NTE 35W CEO Ignacio Del Pino with Maintenance Supervisor Adam Tobias and Maintenance Techs Santos Garcia and Andrew Robinson. [2] Operations Engineers Paritosh Upadhyay and Utsav Kachhadiya. [3] Univision interviews Luis Torres, EQ&S Director. [4] April 12 in Fort Worth, Texas.



CINTRA US Smart Work Zone Committee

The Cintra US Innovation Team is creating a work zone think tank that spans multiple concessions in North America to review current practices and recommend additional solutions and strategies for keeping our workers safe on the road.

The Team has been collecting information and researching connected device solutions, some of which they are piloting right now on the I-77 in North Carolina.

They are also working with the U.S. Department of Transportation's Work Zone Data Exchange (WZDx) to see how concessions can transmit information on active work zones in real time to drivers through their smart device.

The Committee will begin meeting next month.

Look for an update in the next issue of Cintra HS&W News!



Knowledge Share

RadViz Radar Reflectors

RadViz is designed to increase the RCS (radar cross-section) of the vehicle it is fitted to and has been developed based on the signal wavelength used by vehicle manufacturer's radar sensors.

RadViz is also used in NCAP dummy vehicles and objects used during the development of AEBS and other active safety features to ISO standards by automotive manufacturers worldwide, ensuring it is best placed to prompt these systems in real life.



Product can be incorporated into new vehicles and trailers or retrofitted to current with two simple fixings.

Essential for vehicles in high-risk situations including traffic management vehicles (TMVs), impact protection vehicles (IPVs), truck mounted attenuators (TMAs) and lorry-mounted crash cushions (LMCCs). Radviz can also be added to static objects including signage, fixed attenuators or traffic delineators.

WHAT PROBLEM DOES THIS SOLVE?

The addition of RadViz© (approximately 8cm x 4cm in size) to a vehicle at risk of not being detected by radar will **significantly improve the likelihood of detection and prompt the Automatic Emergency Braking Systems (AEBS)** in an emergency. RadViz© is a simple low-cost solution that will reduce accidents and injuries, and save lives.



SUCCESS FACTOR

Testing by the government agency responsible for highway safety established that a 'marker' fitted to unusual vehicles significantly improved the detection of these objects.

This is not a perfect product with 100% protection. It is a tool that can increase the chances of accident avoidance.

Scan the QR Code and watch the video for a demonstration.

CONSTRAINTS

This is not a perfect product with 100% protection. It is a tool that can increase the chances of accident avoidance.



FOR MORE INFORMATION

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FOOD FOR CONCENTRATION

Belen Viscasillas



Did you know science has shown that nutrition is associated with the health of our brain and a poor diet makes our brain more vulnerable and weaker?

There are foods that help us concentrate and keep our energy level high throughout the day. Do you want to know what they are?

Berries

Blueberries, in particular, because of their high content of antioxidants that activate brain enzymes, which improves concentration and memory.

Bananas

High in potassium, magnesium and fiber, it is considered a perfect food to improve neuronal functions, in addition to its tryptophan content. Bananas are also high in vitamin B 6, which is involved in the production of neurotransmitters related to concentration.

Chicken

In order to concentrate, the brain needs enough protein. Once these are consumed, the body releases an amino acid called L-Tyrosine that synthesizes dopamine and norepinephrine that allow us to think quickly and clearly.

Water

It is very important to be well hydrated! Water is involved in all body processes.

Fish

Fish rich in omega 3, which strengthen the central nervous system: Salmon, tuna, Atlantic mackerel, cod, trout and sardines.

Avocado

Avocado improves neuronal communication and blood circulation because it helps clean the arteries. Being rich in monounsaturated fats, it contributes to the proper functioning of the central nervous system.

Whole Grains

They contain an amino acid called Tryptophan that is absorbed by the brain to produce serotonin. Although this neurotransmitter is responsible for sleep and relaxation, the amount is not enough to make you fall asleep, but it is enough to keep your stress levels from skyrocketing and allow you to concentrate better.

Nuts

A study published in the Journal of Nutrition highlights that the antioxidants, fatty acids, and phytochemicals in walnuts help protect brain health and provide essential vitamins for concentration.



World Day for Safety & Health at Work

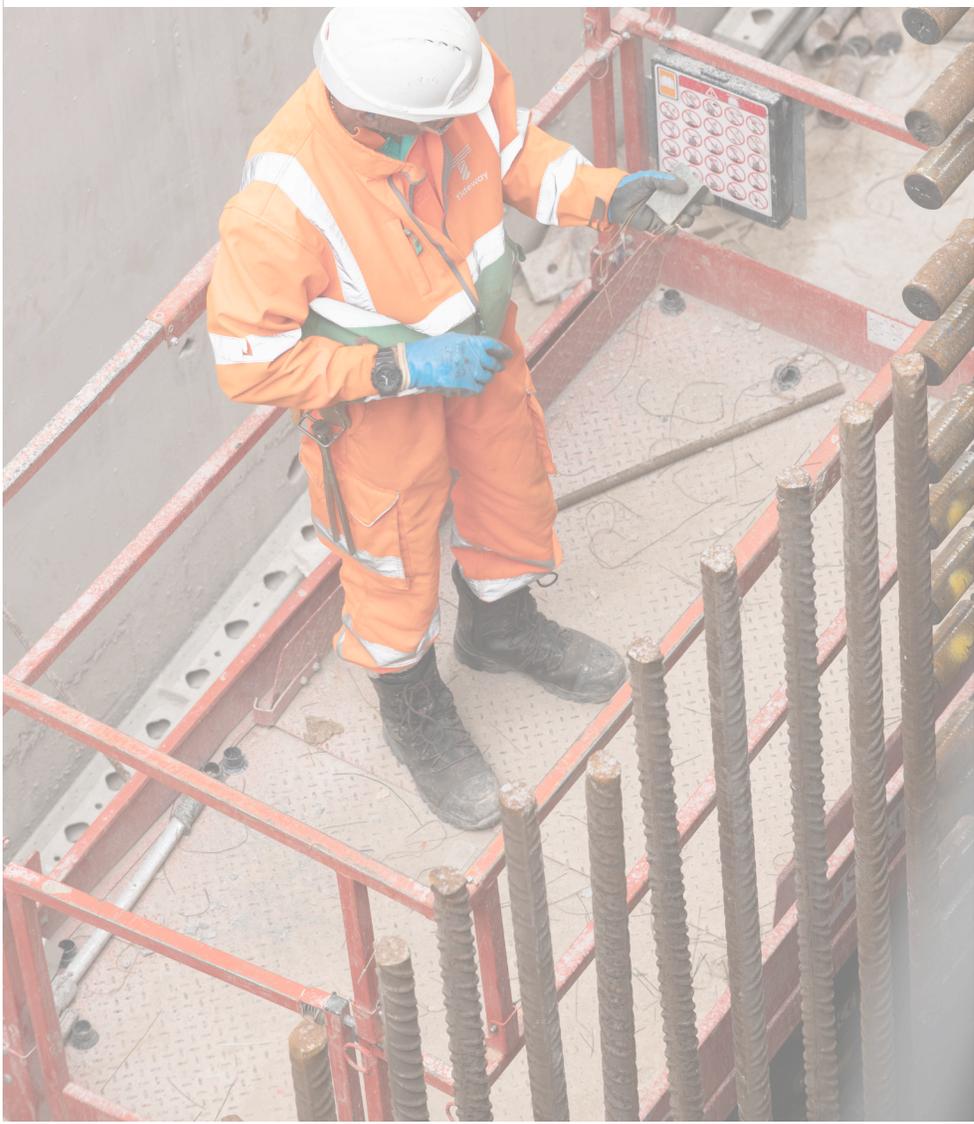
Act together to build a positive safety and health culture

April 28 is **World Day for Safety and Health at Work**, initiated by the International Labour Organization to promote the prevention of occupational accidents and diseases globally.

Your health, safety and wellbeing is paramount to the company - **ALWAYS SAFE, ALWAYS READY!**

The magnitude of work-related injuries, diseases and fatalities worldwide is enormous. And the COVID-19 pandemic reminded us how critical it is to always protect our working environments and be ready to safeguard the safety and health of yourself and those around you.

Whether you hold your first Safety Summit like I-77 in North Carolina or engage your employees in telling you what they think can make their concession safer like Autema in Spain, a strong and active safety program and culture is up to you - each and every one of you.



The ILO says a strong occupational safety and health culture is one in which the right to a safe and healthy working environment is valued and promoted by management and workers.

COMMUNICATION IS KEY.

Why is it important to voice concerns around safety and health at work?

A POSITIVE SAFETY CULTURE IS BUILT ON INCLUSION - the meaningful involvement of management and all employees in the ongoing improvement of safety and health at work.

HOW DO YOU DO THIS? Open communication and dialogue built on trust and mutual respect. Workers must feel comfortable raising concerns about possible OSH risks or hazards and management must be proactive in collaborating with workers to find appropriate, effective and sustainable solutions.

ALWAYS SAFE
ALWAYS READY



We want to hear from you

Cintra started **HS&W NEWS** for YOU, so let us know what type of safety information you would like us to include in the next issue. And tell us who and which safety initiatives you think should be included in the “Spotlight” section. Email your suggestions to:
healthandsafety@cintra.es.



NEXT ISSUE OF HS&W NEWS

- How do you add an office to a bucket truck? Check out what the 407 ETR in Canada did.
- See how 407 East replaced a motor grader with their own innovative idea to improve safety, save time and reduce expense.
- Update on how AIVIA is making roads safer.
- YOU & YOUR CONCESSION - let us know who to put the Safety Spotlight on at your concession and concession initiatives you'd like to share with everyone else.
- Ferrovial's HS&W Award Finalists from Cintra.

VISIT THE NEW: [Cintra Health, Safety & Wellbeing web page](#)

Cintra created this safety page on its external website so all employees, contractors and subcontractors can access it.

We welcome your feedback for content - please email us your suggestions at:
healthandsafety@cintra.es.

