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A MESSAGE FROM THE PRESIDENT

Hello everyone!

Once again this year, Constructo magazine published the performances achieved by companies in the construction business.

ABF is again in an enviable position on the list of the most high-performing companies, in spite of the fairly bleak financial climate.

This bears out what I've been telling you for a long time: that in the current context, ABF is faring much better than many other companies in our field.

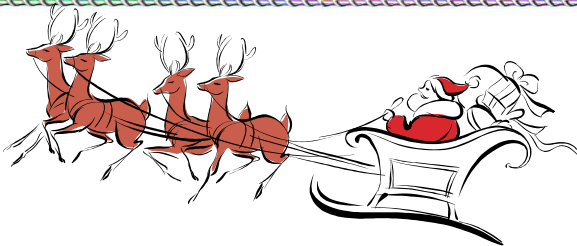
This year, among all the business in the field of construction, we're in 6th place for volume of business, in 12th place for worked hours, and in 1st place in our area of specialty.

Congratulations and THANK YOU to everyone; this performance in a challenging context was achieved thanks to your commitment!

Finally, I want to wish you Happy Holidays and a fantastic 2015!



Eric Bernier, President



Welcome to all the new ABF team employees.

Good news!

Here are a few of the projects recently

obtained by ABF:

All Seniors Care / Ottawa

Le Peterson Condos / Montreal

Envie Student Residence / Ottawa

45 Mann Avenue Apartment / Ottawa

West Block Rehab. / Ottawa

Homestead Land Holdings Ltd, 85 Range Road / Ottawa

Merry Christmas and Happy New Year to everyone! Take this opportunity to have a great time with your family and recharge your batteries!!! ☺

A MESSAGE FROM THE VICE PRESIDENT



A Costly Lapse in Judgment

Let's spell it out clearly: in Quebec, workers, employers, prime contractors and their representatives aren't exempt from regulations and associated fines when it comes to protection from falls from a height. All workplaces are subject to the rules and regulations that govern occupational health and safety.

"No matter the regulations, rules around fall protection share the same basis. Basically, they state that any worker exposed to falls over three metres must wear a safety harness or be otherwise protected in order to be able to perform work safely."

As a result, any worker at a height over three metres without protection from a harness, guard rails or netting is liable to fines stipulated by law. The same goes for their employer and the prime contractor, since it's a case of dual responsibility.

Since January 1, 2011, under Article 236 of the OHSA, workers or any other individuals caught for the first time will be fined \$600 to \$1,500. For the company, the fine reaches \$1,500 to \$3,000. Article 237 is even more strict: whoever, through omission or action, directly and seriously compromises the health or safety of a worker, is punishable by a fine. The worker may be required to pay from \$3,000 to \$6,000, and the employer from \$30,000 to \$150,000.

Just this past autumn, we received an infraction under Article 237 for omitting fall protection when performing work at a height. And yet, the inspector only took a single picture. There was no accident. The situation pictured showed three of our workers, including two forepersons, standing on a beam on scaffolding located at a height of 10 feet, without guard rails or harnesses. Hold on to your (hard) hat: ABF was fined \$31,214 and the prime contractor received a similar fine. It goes without saying that this amount will have to be deducted from our contract before the final payment.

With all the training and information efforts the company made over the last few years... it's unacceptable, especially in the difficult financial context now hitting the construction industry in Quebec. We have to fight to get each contract, and when we do obtain one we have to expend even more efforts to break even. This financial impact has major consequences on our profits and on the contracts on which we'll try to bid in the future. These infractions are on record in our CSST file and must be declared when we bid. We may not qualify for the right to bid, and as a result lose the opportunity to obtain exciting projects.

We must continue to change our mindsets and behaviours. The CSST's Construction Action Plan is very clear. There's ZERO TOLERANCE when it comes to fall hazards. Zero tolerance means that performing work at a height without protection is prohibited. It's unacceptable and dangerous. Let's stop reacting by saying that wearing a harness is a waste of time, that it's too heavy, too tight, too hot, "Where are we going to hang our tools?", "It's tight around the neck", "It has to be adjusted every day". This is the change resistance stage.

For 10 years now, ABF has made a shift towards awareness and PROACTIVITY regarding health and fall safety in our workplace. Your superintendent and the Health & Safety Coordinator are two of your resource persons for prevention on our construction sites. Contact them for help with all your occupational health and safety needs. They'll provide support and intervene as required with our clients and our workers. Let's comply with proper work methods, plan well, and exercise due diligence in ensuring the health and safety of our workers.

Let's be proactive and, above all, take the time to properly evaluate hazardous situations... it's a matter of common sense!

François Vallières, B.A.
Vice President

Mark Clarke
Health and Safety manager

PROJECT : HIGHWAY 407 EXTENTION / TORONTO AREA



As all of you know, for over a year, ABF has been carrying out major projects in the Greater Toronto Area. Among these projects, ABF is playing a role in extending Highway 407 as part of two projects under two local general contractors: BOT and BELOR.

Highway 407 is located to the north of the 401 and runs parallel to it. It's a tolled motorway that skirts the Greater Toronto Area and allows motorists to avoid traffic jams. It consists of 8 lanes (4 in each direction).

Our work involves supplying and installing reinforcing steel on about thirty (30) overpass structures. By the time the work is completed in spring 2015, ABF will have installed more than 4,000 tons of reinforcing steel.

In addition to black steel, we have stainless steel and fibreglass; but above all, we have large quantities of

epoxy steel for the decks.

We recently finished one of the largest structures (overpass W3) in connection with an interchange with the 401. This overpass spans the 401 (with more than 8 lanes of very heavy traffic underneath!) and will make it possible to divert traffic towards the extension to Highway 407.

I'll let you admire the photos of this structure, with its huge quantities of epoxy steel on the deck. You have to admit it's impressive! Another of ABF's achievements!

❄ Happy Holidays ! ❄



Luis Monte,
eng.
Vice President
Construction



OCCUPATIONAL HEALTH AND SAFETY

No need to be very far from the ground to injure yourself! Although you may be performing a routine task, the moment you are off the ground, the risk of injury increases—hence the importance of taking appropriate measures. Working at height is a term which refers mainly to three common situations, especially on construction job sites and in industrial environments:

1. Working three or more meters above floor level

Any time work is conducted three or more meters above floor level, workers must wear a safety harness which complies with current standards. The harness must be linked to a security system.

- To avoid falling more than 1.2 meter use a shock-absorber and ropes.
- Use an automatic rope winder linked to an energy absorber.
- As of five meters above floor level, guard rails are required.

2. Working on a ladder or step ladder

Ladders and stepladders should be used only for short-term jobs (less than one hour).

- Carry tools in a tool belt when climbing the ladder—not in your hands.
- Use a rope or a hoist to bring up bulky equipment.
- Always have three press holds (two feet, one hand or one foot, two hands resting on the rungs).
- The ladder/stepladder must always be placed on solid ground and both uprights well-supported at the top.

3. Working with an elevating platform

The platform must be...

- Checked by a specialist at the start of the job, then daily by its operator.
- Equipped with guard rails and mechanisms ensuring that it can be stopped abruptly in case of emergency and prevent it from falling if there is a power failure.
- Well-balanced and have sufficient space to move about.

Controlling the risks

When talking about job safety, one must pay special attention to risk control. When working at height, workers must assess the task at hand and determine whether some of the risks can be avoided by doing part of the job on the ground (all assembly done at ground level, use of devices/hoists to bring equipment down for maintenance, etc.). Otherwise workers must assess the risks which cannot be avoided then the unavoidable risks can be countered by using safety measures.



Mark Clarke, Health and Safety manager

Death Notices



Our most sincere condolences to Réjean Hainse on the death of his father, Mr. Raymond Hainse, this past November.



We recently learned of the death of Mrs. Lucie Boucher, mother of Christian Samson. Our most sincere condolences to Christian and his entire family.