



### A MESSAGE FROM THE PRESIDENT

Hello everyone!

I hope everyone recharged their batteries during their vacation, because we're at the start of the fall season, which is normally our busiest time of the year.

The economy is still precarious, and the volume of major projects is once again insufficient this year. I feel like I'm repeating myself but overall, 2016 is another difficult year for the construction industry. Needless to say, we hope the costs of raw materials will return to normal over the next few months, which would help to stabilize our industry.



We also hope that the announcement of a number of federal investments will start to pay out in 2017 for our industry, which sorely needs a new momentum.

On another note, this year our company, which was founded in 1976, celebrates its 40th anniversary. We want to thank everyone who has contributed directly or indirectly to ABF's development! Here are a few photos that illustrate our company's modest beginnings.

Éric Bernier, President



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## Upcoming Statutory Holidays

Monday, October 10, 2016 (Thanksgiving)

Friday, November 11, 2016 (Remembrance Day)

### Set your watches back!

On Sunday, November 6, 2016, don't forget to put your clocks back one hour and to change the batteries in your smoke detectors!

## Good news!

Here are a few of the projects recently obtained by ABF:

- ◆ Kemptville Retirement Living / Kemptville
- ◆ Forex Rotary Dryer / Amos
- ◆ JEFO new offices / St-Hyacinthe
- ◆ Complexe de la Santé Lot 4 / Sherbrooke
- ◆ Habitus 52 town houses / Quebec
- ◆ Assemblée Nationale inner courtyard / Quebec

Welcome to all the new  
ABF team employees!

## A WORD FROM OUR VICE-PRESIDENT



### Too many extreme amateurs!

Even for someone who, like me, has engaged in sports all their life, often competitively and fairly intensively, there's something a bit difficult to understand in the attitude of those amateur athletes who practice their sports at an extreme level, to the point of putting their health at risk.

Think of ultramarathoners (+ 100 km race), long-distance swimmers (100 to 1,000 km), Ironman triathletes, etc. I have a lot of respect for the drive and ability to surpass themselves demonstrated by these top-level athletes. The ones that worry me are those who launch themselves into it because it's trendy, who don't have the necessary genetic disposition or the training, and throw themselves haphazardly into the "extreme" adventure.

In the majority of cases, they quickly realise that this option isn't for them. Unfortunately, some of them lose feathers along the way and push themselves too hard once too many times, sometimes with tragic consequences, as statistics show. The number of deaths linked to this type of competition has increased dramatically over the past 30 years.

I don't think that we should tell people not to engage in these extremely demanding sports. However, I believe that we must adequately assess the impact of these activities and keep in mind that sports should first and foremost be enjoyable and beneficial to health.

Happy training!

François Vallières, Vice-President

## Miscellaneous

### 2016 ABF golf open

The 6th edition of the ABF golf tournament was held at the Club de golf Laurier in Princeville last July 7. Although the weather was unpredictable, our employees wore their sunniest smiles and everyone had a great time. The team made up of Dominic Mercier, Karine Labonté, Stéphane Perreault and Sylvie T. Pruneau carried off the honours with a -3.

**Congratulations to the winners!!!**



### ABF baby

Congratulations to François Laliberté and his partner on the birth of their 5th child, a little girl born on July 27, 2016 and named Juliette.



### Death notice



ABF's management offers its most sincere condolences to **Yves Gosselin** on the death of his spouse, Ms. Lynda Michel.



Stéphane, the aim of the game is to hit the ball as far as possible, not to embed it into the turf! 😊

PHOTOS OF OUR PROJECTS

Here are a few photos of our current projects, taken over the past few months:



Turcot interchange



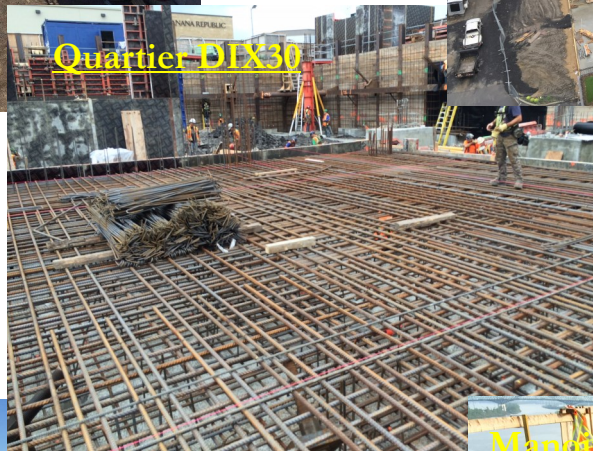
Turcot interchange



Turcot interchange



Manoir Brassard



Quartier DIX30

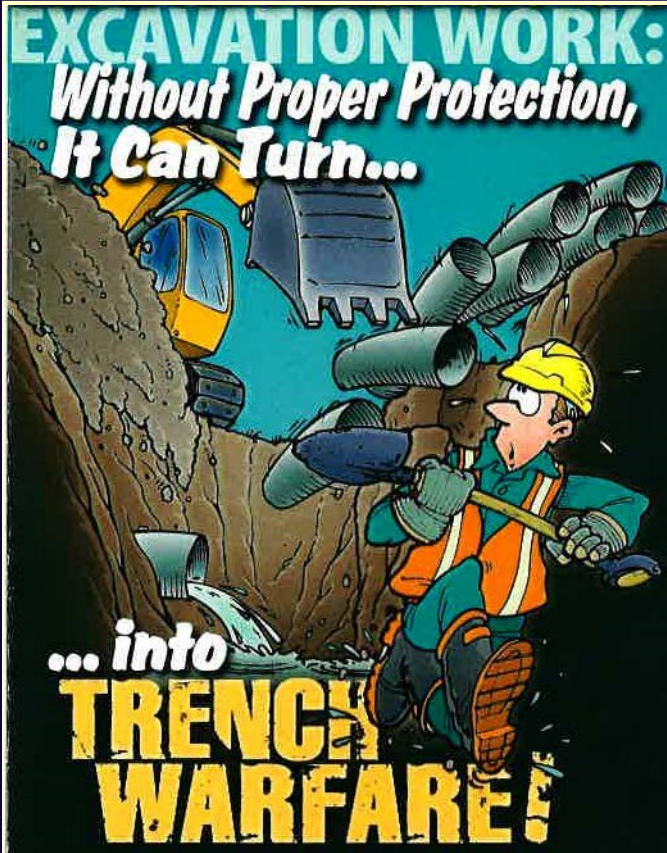


Equinoxe St-Elzear



Manoir Brassard

# OCCUPATIONAL HEALTH AND SAFETY



Each year, outdoor excavation work is the scene of an alarming number of accidents, the consequences of which range from light wounds to permanent disabilities, and even deaths.

**A major safety pitfall...**

Special safety measures must be applied when carrying out trench work because of the specific hazards associated with this type of activity, namely:

- ✓ The nature of the ground (clay, gravel, sand, soil).
- ✓ The presence of underground water, aqueduct pipes or other underground utility network.
- ✓ Space restrictions (urban environment) that result in the digging of trenches with near-vertical walls.
- ✓ The often urgent nature of the work being done.
- ✓ Coactivity, or parallel work going on nearby or on the same site.
- ✓ Difficulties in getting in and out of the trench (ladder).

**An in-depth analysis...**

When the walls of an excavation start caving in, those working at the bottom of the trench can be buried in less than a second. This is why all trench work must be done in compliance with the following rules:

- ✓ The walls of the trench must be shored (braced) in the appropriate manner.
- ✓ Supplies and excavated material must be deposited at least 1.2 metre away from the edges of the trench.
- ✓ No vehicle or machinery must be operated or parked within 3 metres of the edges the trench.

- ✓ The bottom of the trench must be kept reasonably dry and free of hazardous clutter.

**Laying the groundwork for prevention**

Shoring plays a central role in preventing accidents, provided that it meets the following requirements:

- ✓ Choosing the right type of shoring equipment (trench box, cage, pipe or hydraulic jacks).
- ✓ Bracing solidly, with quality material.
- ✓ Complying with and engineer's specifications.
- ✓ Setting up adequate signage and making sure it stays there until the work is finished.
- ✓ Installing access ladders in the required locations.
- ✓ Making sure that all work is done under the supervision of a qualified person.

Shoring may not be required if the slope of the walls is less than 45 degrees, starting 1.2 metre from the bottom of the trench, and an engineer certifies that there is absolutely no risk of caving in.

**Safety first... and always!**

Adequate training, the use of proper working methods and tools, and the adoption of safe behaviors are essential conditions for preventing accidents, whether performing excavation work or any other kind of work. So make safety your priority!

Alain Perron, Health and Safety Manager

**Digging for the truth...**

Off the top of your head, can you tell which of these statements are common misconceptions, and which are the "hole" truth?

	True	False
1. The presence of overhead lines means that there is no underground utility network .....	<input type="checkbox"/>	<input type="checkbox"/>
2. Accidents occur almost exclusively in deep trenches (2 metres or more) .....	<input type="checkbox"/>	<input type="checkbox"/>
3. There is no way to tell early enough that the walls of the trench are about to cave in .....	<input type="checkbox"/>	<input type="checkbox"/>
4. Shoring is not required in winter time when the ground is frozen .....	<input type="checkbox"/>	<input type="checkbox"/>
5. An inspector can order work to be suspended if he judges that the site is unsafe .....	<input type="checkbox"/>	<input type="checkbox"/>
6. Inexperienced workers are more likely to be buried than others .....	<input type="checkbox"/>	<input type="checkbox"/>

1. False. There may be underground cables even where there are overhead lines.

2. False. Most accidents occur in shallow trenches.

3. True. It may take less than a second for the walls to cave in after the appearance of the first crack.

4. False. Shoring is mandatory in all seasons.

5. True. In addition, the people in charge of the site may incur severe sanctions.

6. False. Even the most experienced workers can become victims of negligence.