

LE TAG



A MESSAGE FROM THE PRESIDENT

Hello everyone!

Here we are on the threshold of 2017, and another year is coming to an end! Our industry is still in some turmoil, but I hope that the worst is now behind us.

This past month, we received a visit from Prime Minister Philippe Couillard, who toured our installation with interest, ABF being involved in the Turcot project and the current work at the Assemblée Nationale, among others.



In this, the last issue of your newsletter for the year, I want to congratulate each and every one of you for the award obtained by ABF at the ACQ's annual conference last October. ABF took top honours in the "regional pride" category for the Mauricie, Bois-Francs, Lanaudière, Centre-du-Québec region. ABF's management is very proud of this award, and it is due to YOUR hard work and dedication.

In closing, I want to wish everyone Happy Holidays and a wonderful New Year 2017. Make the most of every moment you will spend with your loved ones!

Eric Bernier, President



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Good news!

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

- * Capital Hall Envie 2 / Ottawa
- * Assemblée Nationale, Visitor's Centre / Quebec
- * Centre des Congrès / St-Hyacinthe
- * SQI Constr. Centre régional int. oncologie / Lévis
- * Forex OSB prod. line press build. phase 2 / Amos
- * Bombardier hangar extens. Buildings 3101 & 3102 bay 7 / Montreal
- * Des Érables réservoir upgrades / Trois-Rivières

Our thought of the month

Make certain your dream consumes your life,
so that your life does not consume your dream!



Welcome to all of the new ABF
team employees.

**The Management wishes you a very happy Holiday season!
Take this opportunity to spend time with your family!**

A WORD FROM YOUR VICE-PRESIDENT

Welcome to the team, Jean-Pierre Cadieux!

I'm very pleased to introduce you to the latest member of the ABF Inc. family, Mr. Jean-Pierre Cadieux, whose role it will be to provide support to the management, in particular the Vice-Presidents Construction.

He acted as President and Manager of Armaco (1993) Inc. for 23 years, from 1993 to 2016. Prior to this, he was Chief Executive Officer of a reinforcing steel company, and worked as a Technical Representative for a number of businesses.

Jean-Pierre also served as President of the Reinforcing Steel Institute of Canada, as well as President and Vice-President of the Institut d'Acier d'Armature du Québec.

He studied business management at the Université de Montréal (in the 80s) and holds a civil engineering diploma from the Cégep du Vieux Montréal (late 70s).

Jean-Pierre therefore has all of the qualities we were seeking in order to fill this position, given his impressive experience of more than 35 years in the field of reinforcing steel.

We wish Jean-Pierre all the best in his new duties and welcome to ABF Inc.!



François Vallières, Vice-President

Miscellaneous

The "Viens faire ton tour" Event

This past September, the Fondation Les Amis d'Elliot organized its annual event called *Viens faire ton tour*, which consists in walking or running around Lake Bulstrode in Victoriaville. The management hoped that employees who participated would make 40 circuits around the lake in honour of ABF's 40th anniversary. Mission accomplished: they made a total of 47 circuits. Our congratulations to Stéphane Cayer, François Laliberté, Mélanie Bergeron, Stéphane Perreault, Josée Rioux, Nancy Houle, Céline Fleury, Gabriela Tanasa, Jean-Philippe Fafard, Rébéka Turmel, Serge Gonthier and François Vallières!



Left: Rébéka Turmel, François Laliberté, Stéphane Perreault and Stéphane Cayer.

Right: Nancy Houle, Josée Rioux, Serge Gonthier, Rébéka Turmel and François Vallières.



HALLOWEEN

On October 31st, ABF held its annual Halloween costume contest for the office staff. The employees who won the first 3 positions received a gas gift card. Here they are:



**Nancy Houle, 1st position
(alias Dracula)**



**Stéphanie Talbot, 2nd position
(alias Cruella)**



**Philippe Houle, 3rd position
(alias ÉpouvantAG)**

**Congratulations
to everyone for
your amazing
costumes!**

Occupational Health & Safety

Freezing temperatures, harsh winds, knee-deep snow, deadly ice... For outdoor workers, wintertime means additional hazards to deal with.

A chilling reality

In the winter, anyone working outdoors must be aware of the additional risks associated with this season, namely hypothermia, frostbite and falls. Various environmental factors like wind (wind-chill factor), freezing rain (slippery surfaces) and snow flurries (reduces visibility) can make things even worse.

Hot tips for cold weather

Here is how you can prevent the cold season from sending chills down your back:

❄ **Dress warmly**

For maximum protection against the cold, wear multiple layers of clothes (see opposite page).

❄ **Keep your feet warm**

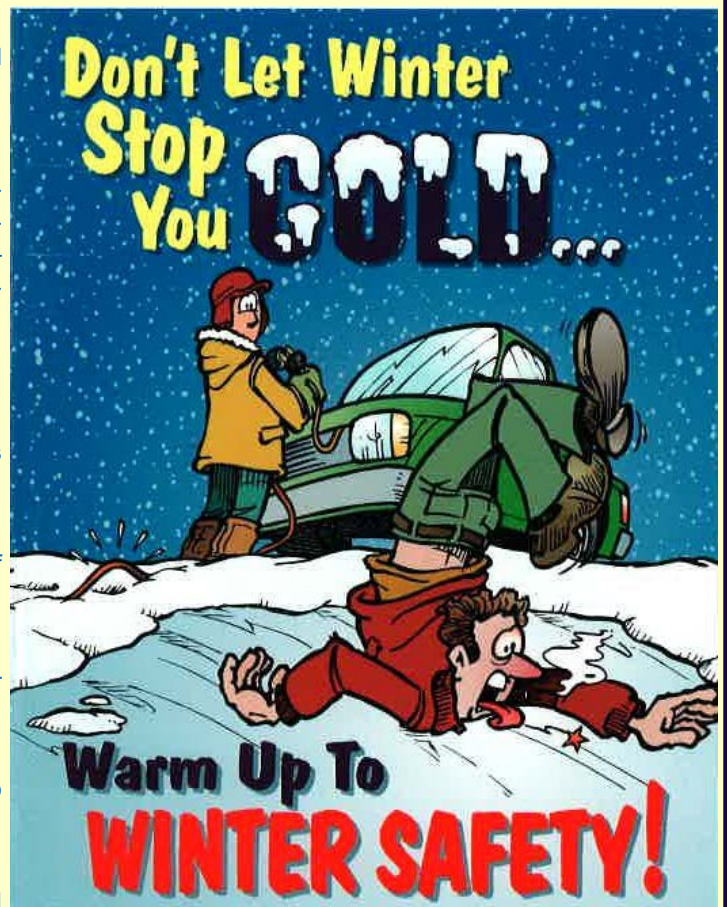
Wear insulated and waterproof boots with non-slip soles and, if required, protective toecaps and sole plates.

❄ **Protect your extremities**

Your feet, hands and head are particularly vulnerable to exposure, so keep them covered.

❄ **Wear your protective gear**

Wearing warm clothes should not prevent you from also wearing all the protective gear that you need to do your job safely.



❄ **Remove snow and ice**

Be sure to have shovel and some thawing agent on hand in order to remove any snow or ice from your work area.

❄ **Eliminate traps**

Tidy up and clearly identify any dangerous spot (hole, slippery surface, etc.) that a layer of snow might cover and turn into a hidden trap.

Keep your cool... and stay warm

To protect yourself efficiently against the cold, apply the layering principle:

1. The inner layer lets your skin breathe and keeps you dry by letting perspiration out (ex.: polypropylene, silk).
2. The middle layer is an insulating layer made of wool or synthetic fibres with similar properties, i.e. that keeps you warm even when it's wet.
3. The outer layer is a windproof and waterproof garment designed to keep the cold and humidity outside and the warmth inside while providing adequate ventilation.

Give winter the cold shoulder

A winter-specific diet and lots of exercises can increase your stamina when working in cold weather. In any event, you should always pay attention to symptoms of frostbite (stinging, pain, etc.) or hypothermia (intense shivering, confusion, etc.). Should you experience any of those symptoms, head immediately for a warm and dry place.

Alain Perron, Health and Safety Manager

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Down

1. Don't drink any to warm yourself up.
2. Hard to do when you're too cold.
3. Parts of your body through that are the most vulnerable to the effects of cold weather.
4. Keeps you warm even when it's wet.

Across

5. Combination of heavy drifting snow and cold temperature.
6. Happens when body temperature drops below normal as a result of exposure.
7. Injury caused by exposure to intense cold.
8. Storm with heavy snowfall.

1. Alcohol 2. Thirst 3. Extremities 4. Wool
 5. Blizzard 6. Hypothermia 7. Frostbite 8. Snowstorm