



A WORD FROM THE EXECUTIVE VICE-PRESIDENT

We are now at the dawn of 2018, another year is almost over! There is still turbulence in our industry, but let's say we are more confident than ever that our business volumes are back on the road to growth, and that the worst is behind us.



Once again this year, Constructo magazine has published the results of the 100 largest companies in the construction industry in Quebec, and ABF is, once again, in a very good position at the level of the most successful companies in our industry. In this 2017 ranking, we are in

16th place, all categories combined, and of course the first among the reinforcing steel companies.

Congratulations to all of you in the ABF family ! This performance is because of your work. We know that the last quarter of the year has been very busy for all departments and has required a lot of involvement from each and everyone of you at the expense of your families and your personal lives. All ABF Management team is joining Eric and I in THANKING YOU for your unconditional support. Rest assured that we are already working on a number of projects to better meet the growing demand for the coming year.

Finally, I want to wish you a Happy Holiday Season with your families and take the time in this period to change your ideas. To quote an expression from our dear President, Eric ...

" Take the opportunity to recharge your batteries!"

A Merry Christmas and a Happy New Year 2018!

François Vallières, Executive Vice-President



249, Bonaventure Blvd
Victoriaville, Qc
G6T 1V5
Phone : 819 758-7501
Fax : 819 758-2544
www.abf-inc.com

E-mail address :
imorency@abf-inc.com



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

Good news!

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

- * CHU Ste-Justine / Montreal
- * Aquablu Phase 2 / Ste-Dorothée
- * Hôpital Enfant-Jésus / Québec
- * Résidence Valleyfield / Salaberry de Valleyfield
- * Terra Phase 1 Tour 1 / Laval
- * North Bala Falls Projet Hydropower / Bala

Welcome to all the new ABF team employees!

Upcoming Statutory Holidays

From December 25, 2017 to January 5, 2018

(Christmas vacation)

Christmas Party 2017

Last Decembre 8th, the Christmas Party was held at the Club de golf de Victoriaville. The evening was a success !

Thanks to the organisation and here are some pictures !



Award of the "Rod D'Or 2017" !

Chosen Value : Team spirit

Office : Daniel Gosselin

Plant : Simon Proulx

Const. site Ottawa: Travis Lalonde

Const. site Montréal: Benoit Baril

Const. site Québec : Jonathan Bouchard



Congratulations !

MISCELLANEOUS EVENTS



Annual BBQ

For this year's BBQ, the Food Truck "LE POUCE" came to ABF Headquarters !



Halloween 2017

Congratulations to the winners !



2-Nancy Houle



1-Gilbert



3-Nadia



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.

