

# LE TAG

## A WORD FROM THE EXECUTIVE VICE-PRESIDENT

Hello everyone,

The year 2019 is coming to an end and it has brought us its share of challenges that we have overcome with teamwork, innovative ideas and the development of new working and communication methods.

Lots of overtime, the arrival of foreign workers, and even the help of some subcontractors, are just some of the actions that have helped us fulfill our contracts and return to a more normal pace for this period of the year. Thank you all for your cooperation. Several new projects will start soon and we are working hard to maintain a balance between our business volume and the production capacity of our 3 plants.

I would also like to highlight the retirement of an important manager of the Company who has made a significant contribution to ABF's success, Mr. Claude Collin, Finance Vice-President. Happy retirement Claude !!

This is the last TAG of the year and I would like to take this opportunity to wish you a happy holiday season with those you love. Take time to rest, you deserved it!

Merry Christmas and Happy New Year 2020 !!



François Vallières, Executive Vice-President



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**Management wishes you a verry  
Happy Holiday Season!**

## Good news!

Here are a few projects recently  
obtained by ABF:

- \* ZIBI Block 10 — Gatineau 750 tonnes
- \* Ottawa Community Housing 450 tonnes
- \* SQI Enfant-Jésus Phase 2—Qc 450 tonnes
- \* Rés. des Bâisseurs - Riv. du Loup 700 tonnes

Welcome to all the new ABF team  
employees!

## Upcoming Statutory Holidays

From December 23, 2019 to January 3, 2020

*(Christmas vacation)*





# Christmas Party 2019



**Last December 6<sup>th</sup>, the ABF Christmas Party was held at the Club de golf of Victoriaville. The evening was a success !**

## “Rod D’Or 2019” Award !

**Chosen Value : Finding solutions**

Office: Jason Nicholson

Plant: Ronal Montoya

Ottawa Const. site: Louis-Marie

Richer

Montreal Const. site: Dave Marcotte

Québec Const. site: to come...





# MISCELLANEOUS

Here are some tips on how to keep leftover wine this Holiday season:

Over a 3 day period:

Red wine: removing the air with a “Vacu Vin” type pump is ideal.

White wine: the recapped bottle left in the fridge gives very good results.



Over a 7 day period:

The winning method for red and white is surprising: freezing! By placing the bottle, half full, standing in the freezer, the results are surprising, the wine even tastes better than the original! Just let it gently thaw at room temperature.

Concerning the conservation of sweet wine and bubble: you can keep sweet wines longer than others, because the sugar they contain naturally protects them from oxidation; as for champagne and other sparkling wines, they will keep well with a champagne stopper (cap) designed for this purpose, especially if the bottle is still half full.

Cheers !



(Ref: Michael Soly, wine expert)

Halloween 2019  
Congratulations !



2-Nancy Houle

1-Gilbert

3-Mathieu H.-Beaudert

# OCCUPATIONAL HEALTH AND SAFETY

## WATCH OUT! MACHINES CAN WOUND, MAIM

### AND EVEN KILL ...

Each year, thousands of workers are seriously injured by machines of all kinds. Some of them even get killed. Fortunately, this has never happened at ABF.

Most of the accidents occur when workers come in contact with moving parts of the machine. Other things to know...

- ⇒ Workers of all age groups are equally at risk.
- ⇒ The parts of the body most frequently wounded are the fingers (one out of every three times), followed by the back, the hands, the legs and the arms.
- ⇒ Accidents occur during normal operations but also during maintenance or repair work.

A number of measures can and **MUST** be put in place to reduce the risks. The most important are:

- ⇒ Safety barriers
- ⇒ Automatic release switches
- ⇒ Bimanual or continuous action single control systems
- ⇒ Machine deactivation systems or procedures (locking out, neutralization, etc.)



## CAUTION

### **IS STILL THE MOST EFFECTIVE MEANS OF PREVENTING ACCIDENTS**

Even though we may not always fully appreciate them, we simply cannot do without machine safety devices as they considerably reduce work related hazards. However, for these devices to do what they are supposed to, we must implement all the necessary measures their proper functioning requires.

Most people think of a padlock as a means of protecting their property (locker, bike, shed, etc). **For workers exposed to heavy machinery and industrial equipment, it's a lot more than that!**

Lockout / tagout means more than just installing a locking device. It is one of the most critical measures you can take to protect the safety of both yourself and others. Far from being a one-step action, a lockout is a rigorous procedure that, if followed closely, allows to safely perform necessary repairs or maintenance on production equipment.

A machine lockout is practically always followed by another action: tagout, which indicates why the lockout was performed, the time and date of the measure, and the name of the person who was authorized to turn the machine off, who is also the only one permitted to turn it back on.

This health and safety measure not only makes good sense, it is also the law! Lockout and tagout procedures prevent someone from coming into contact with danger during servicing operations. They also make it impossible to activate the energy stored in the system. Finally, they stop anyone from accidentally restarting a machine while people are in the process of servicing it.

