

LETAG

A word from our Executive Vice-President

Hi!

I hope that the holidays were good for everyone and that despite the context of the Covid-19 and all the upheavals that it causes, you were able to clear your mind and take the opportunity to recharge your batteries.

As you may have noticed when you returned, we have entered the busiest time of the year head-on. All of the company's departments, including estimating, detailing, administration, production and installation, are currently operating at full speed to deliver goods and meet our contract deadlines. Even our factories in Victoriaville operate on shifts allowing us to produce 7 days a week and continue to offer our LEGENDARY service!

The economic context, although still fragile, still seems to want to hold out and brings us its share of projects, several with large volumes of reinforcing steel. Without guaranteeing, of course, the next few years, everything indicates that we could keep this cruising speed for some time yet, with among other things several public projects coming up!

Obviously everything will depend on the evolution of Covid-19, so I would like to take this opportunity to repeat once again what you already know, but how important it is for the balance of our physical and mental health, but also for the balance of the economic health of the company and of all of Canada. I therefore ask you to remain vigilant on the sanitary measures that ABF has put in place (hand washing, masks, distancing) in order to protect our families, our colleagues and people at greater risk.

I also want to congratulate us, because very few incidents have been reported to us, that each of you take the measures seriously and follow the instructions so that everything goes well!

THANKS TO ALL' WE'RE NOT LETTING GO!

François Vallières, Executive Vice-President



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IN THIS ISSUE:

MISCELLANEOUS	2
ABF EMPLOYEES, YOU ARE EXPOSED!	3
OCCUPATIONAL HEALTH AND SAFETY	4



Upcoming statutory holidays

Monday October 12 (Thanksgiving)

Monday November 9 (Remembrance Day)

Do not forget ! On the night of October 31st to November 1st we go back one hour.

Good news!

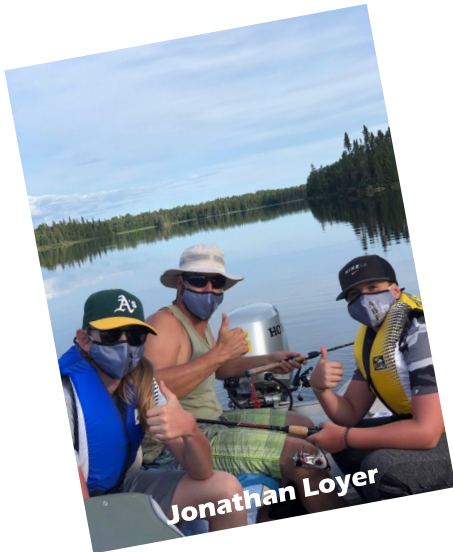
Here are a few of the projects recently obtained by ABF:

- ⇒ Quartier General / Montreal (660 MT)
- ⇒ Blue Multi-logements Project / St-Jerome (500 MT)
- ⇒ 180 Metcalfe Street / Ottawa (1 800 MT)
- ⇒ Solar Uniquartier RL3-C6 / Montreal (1 290 MT)
- ⇒ 1429, de la Gare / Mascouche (3 125 MT)

Miscellaneous

On August 31, the draw was held among the employees who participated in the ABF mask competition. The 5 winners each won a Samsung Galaxy Tab A (10.1”).

Here are these 5 winners:



A little word to highlight Stephane Cayer's efforts

On September 12, he took part in the Ultra-Trail Harricana. This is a trail run in the Charlevoix regions. He traveled an 80 km course linking Hautes-Gorges-de-la-Riviere-Malbaie to Mont Grand-Fonds all this by finishing 3rd in his category. We wish him to continue his passion for trail running for a long time. Who know, maybe next year he will be tempted by the 125 KM course. To be continued...

ABF employees, you are exposed!

Here are some of the pictures received during the contest!



Thank you all for participating in large number! 😊



Occupational Health and Safety



To lift any load up... and keep risks down!

Introduction

With appropriate lifting equipment, one can lift, move and handle almost any kind of load. The use of lifting equipment, however, requires proper skills and knowledge as well as a great deal of caution.

Facts to consider

A load of problems

Accidents related to the use of lifting equipment usually have the following causes:

- Carelessness and/or disregard for safety regulations and procedures.
- Use of faulty or damaged equipment.
- Inadequate skills or knowledge (choice of equipment, method of employment, etc.).
- Improper use of equipment (excessive load, incorrect positioning, etc.).

Factors that weigh in your favor

To insure one's safety when working with lifting equipment, one must:

- See that all lifting equipment undergoes adequate and regular maintenance.
- Proceed to a visual inspection of the equipment before each use.
- Put aside and report to the person responsible for it any piece of equipment that is damaged or that raises doubts as to its condition.
- Follow procedures pertaining to the employment of lifting equipment to the letter.
- Never exceed the maximum load for which the equipment is rated.
- Never leave a load attached to a piece of equipment unattended or without a blocking mechanism.

Strength is in wisdom!

Here are the steps one should follow to safely handle a load using lifting equipment:

1. Determine the weight of the load.
2. Choose the appropriate lifting equipment.
3. Carefully inspect the equipment to be used.
4. Position the equipment properly.
5. Solidly attach the load to the equipment.
6. Make sure that no one or nothing stands in the hazard zone (under the load, in the blind spots, between the load and its destination, etc.).
7. Make one's presence and intentions known.
8. Lift, move and lay the load down slowly.
9. Release the load from the equipment.
10. Put the equipment back in its place.

A rule everyone must abide by

Be it an overhead crane, a hoist, a vehicle lift or even a patient lifter, and regardless of the type of environment it is used in, there is one basic rule that applies to everyone everywhere when using any kind of lifting equipment to lift and handle loads, and that rule is **caution**.

Questions? Contact your H&S team.