



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

Email:
mboucher@abf-inc.com



IN THIS ISSUE:

VICE-PRESIDENT'S MESSAGE	2
ARMATURA 2012	2
ARMATURA 2012 (CONT.)	3
OCCUPATIONAL HEALTH AND SAFETY	4

PRESIDENT'S MESSAGE

Hello everyone,

Here we go again for another busy season!

All control measures implemented last year are beginning to pay significant dividends and the credit goes to YOU, all ABF staff members.



We are currently adding another loading dock to our Plant No.1 to improve our shipping facilities. In parallel, we will soon undertake the preparation of a woodlot that we acquired last year in order to increase our business capacity.

As you can see, we continue to take steps to support our company growth. Our continuous improvement process and our quality-control process will develop through the year with the addition of concrete measures to reduce deficiencies to a minimum.

In conclusion, I wish to congratulate Isabelle Cloutier for her recent appointment as Technical Director of the company.

Happy summer holidays to all of you!

Éric Bernier, President

New Website

As you probably noticed, ABF now has a new website that is more functional, professional and representative of the company. We invite you to browse through it to learn more about our company.

And be sure to check the ABF site regularly in the News section to stay informed about the most recent contracts awarded to ABF, and read each new issue of your newspaper Tag!

Good reading!

Welcome to all new employees
in the ABF team.

Good News!

Here are a few new projects
recently obtained by ABF:

- MTQ #6407-12-0901 Warwick Road in Tingwick
- Gotham Condos in Ottawa
- CHSLD-CSSS Jardins-Roussillon in Ste-Catherine
- STO Rapibus, Package 231, in Gatineau
- Résidence des Diamants in Québec
- Evolo, Phase II in Nuns' Island
- MTQ #6603-11-0206 Highway 20 in St-Vallier
- Senior home Les Méandres in Québec

Upcoming Statutory Holidays

Monday, June 25 (St-Jean-Baptiste)

Monday, July 2 (Canada Day)

VICE-PRESIDENT'S MESSAGE



Hello everyone!

In the previous edition of the Tag, I wrote about an article that I recently read in the newspaper La Presse on "7 Mistakes to Avoid at Work".

Here is a list of the 4 last big mistakes on the list:

4. BEING ARROGANT

Arrogance is a career trap. Someone who is arrogant at work devalues the opinions and suggestions of others. Arrogant persons give the feeling that their colleagues do not measure up. Worse, they don't listen to constructive criticism made by the team. They always reject responsibility and project their faults on others.

Tips: At work, we must develop a humble attitude, listening skills and empathy for others. In a team, each member has strengths as well as weaknesses that need improvement. Arrogance is a dangerous attitude which might turn against overbearing persons. If they make a mistake, no colleague is going to protect them.

5. CONCEALING MISTAKES FROM THE BOSS

If we hide a mistake from the boss, he or she may lose face in front of their peers. It is a blatant lack of strategic skills and political sense.

Tips: Take ownership of your mistakes. An error confessed is half redressed. Quickly, try to find a solution to correct the situation.

6. BADLY MANAGING ANGER AND EMOTIONS

This person reacts emotionally and unpredictably before colleagues. Hostility and sarcasm increase stress in others. Angry outbursts leave their mark. This creates fear and distrust. Never let anger get the better of you at work. If you must throw a fit, do it in private, but never at work.

Tips: Wait before reacting to an event. Take a deep breath, then speak in a calm and respectful manner. This way, you can safeguard the esteem of others and yourself.

7. NOT RESPECTING HIERARCHY

These employees voluntarily conceal information from their superior, like not communicating days off or telecommuting days. Even worse, they report incidents to senior management without talking to the immediate supervisor!

Tips: Respect the company hierarchy. Be open to your immediate boss and disclose any relevant information. It is of the utmost importance to be honest and respectful towards him or her.

Hope you took note of all 7 mistakes to avoid, particularly at ABF!

François Vallières, Vice-president

Armatura 2012

The 12th edition of Armatura was held in Montréal on May 16th. This activity aims to promote the reinforcing steel industry by highlighting projects that stand out in their category.

In the table on the next page, you will find the finalists in each of six categories of the competition. Eighteen projects have been selected and analyzed, according to an evaluation grid, by a five-person jury. Winners in each category are indicated in blue in the table.

Four of the projects submitted were made by our team members. Of these, two were declared winners: the Alcan's Rio Tinto project in Saguenay in the Industrial category, and the arch bridge on Route 175 in Stoneham in the Jury's Choice Category. The other two were the Charest–Robert-Bourassa Interchange redevelopment and the Quality Inn & Suites Hotel in Victoriaville.

On the next page you will find some pictures of these projects.

Gaétan Ducharme, ing.
Vice président, Special Projects

ARMATURA 2012 (CONT.)



List of Finalists



Commercial:

Le 3229 office building
 Quality Inn & Suites Hotel
 New head office for the CCQ
 Building 2-22 on Ste-Catherine East

Civil Engineering:

HQ Limoilou Substation
 Highway 740 overpass
 Redev. of Charest–Robert-Bourassa Interchange
 Viau Bridge reconstruction

Residential:

Le Belvédère
 Le Séville, Phase I
 Les Tours Angrignon, Phases I, II and III

Industrial:

Rio Tinto Alcan's Project AP-60

Institutional:

Sciences section of Collège Lionel-Groulx
 New CRCHUM
 Brome-Missisquoi Hospital

Jury's Choice:

Gros-Morne Wind Park
 Arch bridge, Route 175 in Stoneham
 Université Laval's Telus Stadium

Interesting Pictures



Rio Tinto Alcan's Project AP-60 ↑↑



Rio Tinto Alcan's Project AP-60 ↑↑



Arch bridge, Route 175 in Stoneham ↑↑

A special THANKS to all of you who participated to the success of these projects!



Arch bridge, Route 175 in Stoneham ↑↑



Charest–Robert-Bourassa Interchange ↑↑



Charest–Robert-Bourassa Interchange ↑↑

HEALTH AND SAFETY AT WORK

Generally speaking, cleanliness and tidiness make life easier and more enjoyable for everyone. At work, they also have a significant and positive impact on safety.

A little mess can spell big trouble

A dirty and untidy workplace is more hazardous than a clean and orderly one. Serious injuries can result from slipping on wet floors or tripping over ground clutter, being hit by falling objects from unstable stacks or overloaded shelves, and incidents involving waste material or improperly stored tools.

The advantages of keeping things clean...

At work, 'good housekeeping' can improve:

✱ The general atmosphere

It is much easier to work comfortably, stay focused and enjoy the workday in a clean and tidy environment.

✱ Health and safety

While orderliness can help reduce the likelihood of an accident, cleanliness favors good hygiene and helps prevent disease from spreading.

✱ The prevention of fires and other hazardous incidents

Tidiness and proper maintenance help reduce fire hazards and make it easier to respond adequately in emergency situations

✱ Efficiency and quality

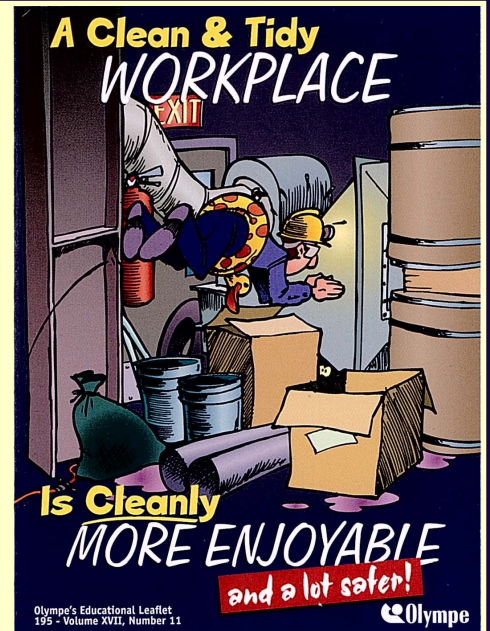
Proper, efficient storage helps keep loss of time and material to a minimum.

Pick up the habit of picking things up!

Whether or not there are people in charge of cleaning up, we must all do our part. Things to look out for are:

✱ Floors and passageways

Floors, hallways and stairways must be kept dry and free of clutter at all times.



**H
I
D
D
E
N
D
E
W
O
R
D**

W	I	S	L	I	P	P	E	R	Y	E
E	D	N	E	H	S	S	E	M	U	C
T	E	N	J	V	A	I	R	N	D	N
A	T	Y	F	U	O	Z	T	N	I	A
C	C	T	L	M	R	I	A	E	R	N
C	U	I	O	N	D	Y	T	R	T	E
I	R	L	O	Y	D	U	S	T	D	T
D	T	A	R	H	T	L	A	E	H	N
E	S	U	C	L	U	T	T	E	R	I
N	B	Q	E	G	A	R	O	T	S	A
T	O	S	P	O	T	L	E	S	S	M

Note: Each letter is only used once.

1. Accident
2. Clutter
3. Dirt
4. Dust
5. Floor
6. Hazard
7. Health
8. Injury
9. Maintenance
10. Mess
11. Obstructed
12. Quality
13. Slippery
14. Spotless
15. Storage
16. Untidy
17. Wet

11-letter word, a better place to live and work in when clean and tidy.

Answer: _____

Answer: ENVIRONMENT

✱ Storage

All equipment and materials must be put away in a safe, appropriate place immediately after use.

✱ Preventive maintenance

All tools and machinery must be properly maintained and undergo a visual inspection before and after each use.

✱ Emergency equipment and exits

Emergency response gear must be kept clean and in perfect condition, and all emergency equipment and fire exits must be easily accessible at all times.

✱ Work areas

Everyone must clean up and tidy up their workstation at the end of their shift, especially if the station is to be used by someone else.

When it's clean, it's seen!

Finally, it is important to keep in mind that it is much easier to detect potentially hazardous situations in an environment that is clean and tidy. Just one more reason to pick up the habit!

Alain Perron, Health and Safety Manager