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MESSAGE FROM THE PRESIDENT

Hello everyone!

I hope you all had a chance to recharge your batteries during your summer vacations; we will again be very busy at ABF this fall.

We say this at the end of every summer, but year after year, the same pattern repeats itself in our field. During the autumn we generate 50% to 60% of our sales, over a period representing 33% of the year!



We are currently operating at full capacity, and all departments are working hard and giving their best to maintain the same quality of service that our clients have come to expect.

Over the past few months, our improvement work on the plant, in order to increase our storage and production capacity, proceeded smoothly. We have also developed several other measures in order to improve productivity during the fall season.

THANK YOU all for your contribution to the development of our company; YOU are the main driving force behind our success!

Éric Bernier, President



PUBLIC HOLIDAYS TO COME

Monday, October 8: Canadian Thanksgiving

Monday, November 12: Remembrance Day

ADJUST YOUR WATCHES

Sunday, November 4, 2012, do not forget to turn your clocks back one hour and change the batteries in your smoke detectors. Indeed, it is strongly recommended that you change the batteries regularly. So the best way to remember this safety rule is to associate this practice with the time change.

Be sure to remember!

Good News!

Here are some new mandates recently obtained by ABF:

- ⇒ Marriott Hotel & Marriott Condos Parking Garage in Ottawa
- ⇒ Gold Corp, Éléonore Mine, concreting 2012 C-2910, Opinaca Mines in James Bay
- ⇒ Jewish General Hospital, Package 2.9, Building K in Montréal
- ⇒ Recreation Centre in Westmount
- ⇒ MTQ #7107-12-1103, Highway 40 in Québec and Boischatel
- ⇒ Le Rosa Nova in Laval
- ⇒ AMT Package 6N, Train de l'Est station, garage and shelter in Mascouche
- ⇒ CAPEA of University of Ottawa

**Welcome
to all new employees
in the ABF family!**

A MESSAGE FROM THE VICE-PRESIDENT



Hello everyone!

In this edition of your newsletter *Le Tag*, I want to discuss how occupational health and safety are an **integral part** of ABF processes.

The purpose of the Occupational Health and Safety Act is to eliminate dangers at the source. To protect workers and prevent accidents on construction sites and in plants, ABF must identify, control and eliminate hazards linked to company activities. To do so, we need to communicate and implement our prevention program, which is tailored to risks that are specific to our company activities. Sound management, respectful coaching and employee training at all levels are a priority. The concept of due diligence is extremely important to us. Indeed, it is not enough for an employer to provide appropriate equipment and guidance to employees, and to assume the instructions will be followed. It is also not sufficient to rely on only our workers' experience. We must implement positive and concrete measures, and be proactive in health and safety matters.

At ABF, we are fortunate to have a dedicated team of managers and workers controlling and preventing operation-related risks (falls from height, machine safety, back pain, bruises, scratches, etc.). We have developed a prevention program that is continually updated and provide tools to implement this program. Foremen are the employer's main representatives to our employees in safety matters. According to Mr. Alain Perron, our Health and Safety Coordinator, foremen's involvement and collaboration are unequivocal. They organized a weekly safety break to regularly meet with workers, in order to raise awareness on the importance of safety guidelines and working methods, and especially on the consequences of non-compliance. They also ensure that employees have received training and information required to do their job, that all are provided with tools in good condition and the personal protective equipment necessary to undertake their work. Supervising employees as well as performing regular work inspections, in order to monitor the quality and occupational health and safety, are fundamental to operational efficiency at ABF

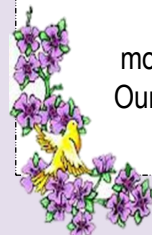
Since January 1st, 2011, the Occupational Health and Safety Act has been amended considerably pertaining to the amount of fines issued in case of violation for any employer that directly and seriously endangers the health, safety or physical integrity of a worker, to such an extent that it may affect the financial security of the business. Amounts, in case of a first offense, may be between \$15,000 and \$60,000, in case of a second offence, \$30,000 to \$150,000, and for any subsequent offense an additional \$60,000 to \$300,000. Health and safety at ABF have always been a priority, but now it is a principle that must be ingrained in all of us, at all times.

François Vallières, Vice-President

Obituaries



We offer our deepest condolences to Éric Bernier for the recent death of his father, Raymond Bernier .



Recently, we heard of the death of Mrs. Gisèle St-Pierre, mother of Robert St-Pierre. Our deepest condolences to Robert and his family.

PROJECT COMPLETED: LIFESTYLE III – QUARTIER DIX30 – BROSSARD



Overview of the Project

It is with pride that we announce that this project is finally completed. Here is a short description and a few photos of this major accomplishment.

It was in 2006 that this mega project, inspired by the American Lifestyle Centers, was initiated in Brossard. With the success of this project and its continuous expansion, ABF was awarded the 3rd Phase of this project, the Lifestyle III, which started in March 2011 and ended in August 2012. This project, which required about 4,430 metric tons of reinforcing steel, consisted of several footpaths along which new buildings were erected, as well as a two-storey underground parking garage.

We want to congratulate all those who were involved directly or indirectly in the success of this project!

Isabelle Cloutier, Ing.,
Technical Director

Sector C



Sector E



Sectors D and E



MISCELLANEOUS



On August 24, little Maélie was born; she is the daughter of David Thibault and Stéphanie Fournier. Congratulations to the parents!

Congratulations to Eric Laine, who arrived **first** in the Grand Défi de Victoriaville (sports challenge) in the 18-29 age category and fifth overall!

The members of the team **les Chevaliers d'ABF** (the flag football team sponsored by ABF) wish to thank François Vallières for having provided team jerseys. They reached the **1st position** with 6 wins, 2 losses and 1 tie game. **Congratulations!**



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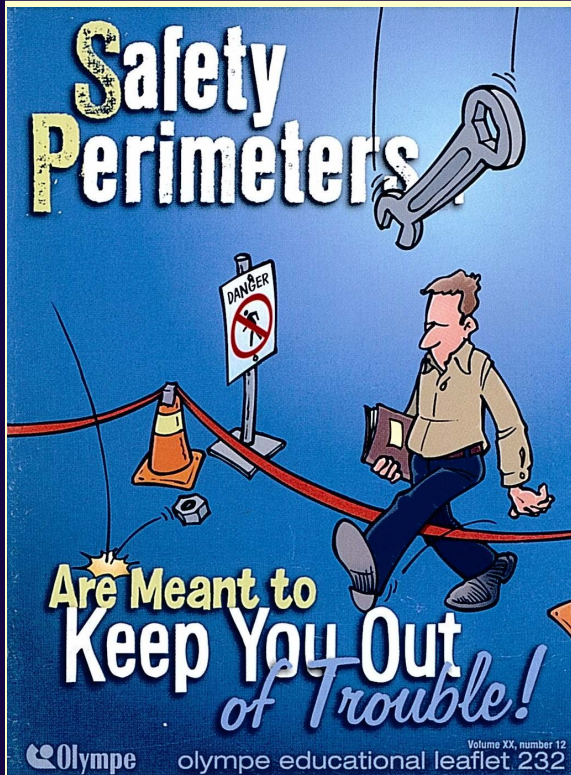
ABF Golf Tournament

On July 12, the 3rd edition of the ABF Golf Tournament took place at Laurier Golf Club of Princeville. The team composed of François Vallières, Monique Bourque, David Turcotte et Karine Labonté won the tournament with a score of -5.

Congratulations to the winners for this great score!



OCCUPATIONAL HEALTH AND SAFETY



A safety perimeter is a temporarily defined zone to which only a limited number of people can gain access... usually for safety reasons!

A Safety What?

Safety perimeters can serve different purposes, but they are generally set up to restrict access to areas that have become hazardous because of specific work being carried out or because of the presence of dangerous equipment or materials. They can also serve to limit access to the scene of an accident or disaster during emergency interventions or subsequent investigations.

Zone Defense!

Here are the basic principles that govern the establishment of safety perimeters:

⇒ **Defining authority and authorization**

Except in case of an accident, only those who have the required competence and authority can set up safety perimeters, with the proper authorizations.

⇒ **Determining the area to be enclosed**

The perimeter must be large enough to maintain a "buffer zone" around the source of danger, but not too large to avoid hindering other activities needlessly.

⇒ **Marking the perimeter**

The boundaries of the perimeter must be clearly marked with adequate signage, such as brightly colored tape (set at the right height), cones or other warning devices, and with labels or signs stating the cause and duration of the restriction as well as the names of the people overseeing the perimeter.

⇒ **Identifying authorized personnel**

People who can access the perimeter must be identified and notified of the hazards present within the perimeter and of all protective measures required by such hazards.

⇒ **Clearing the area**

Once the intervention has been completed and/or the area has been secured, all signage must be removed and access to the area restored immediately.

The Boundaries of Common Sense

For those who are not authorized to enter the perimeter, the rules are clear and simple:

- ⇒ Never enter the perimeter.
- ⇒ Do not move or remove any of the devices used to mark the boundaries of the perimeter.
- ⇒ Questions, complaints and requests must be addressed to the people whose names appear on the labels or signs (which must be there!).
- ⇒ If an accident or disaster occurs within the perimeter, call for emergency help and remain just outside the perimeter to lend assistance if needed.

Crossing into the Unsafe...

Never forget that safety perimeters are primarily set up to prevent accidents. Crossing into a safety perimeter means venturing in a dangerous place!

Alain Perron, Health and Safety Manager

