



# LE TAG



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## A WORD FROM THE PRESIDENT

Hi everyone!

As we are all aware, we are going through much tougher times than we've had in the recent years.

We must therefore take this opportunity to analyse ourselves, to reconsider and improve the way we do things, our work methods and thus be more efficient in all aspects of the business, whether it be the estimation, project management, production or installation.

This stringent exercise must be done in earnest not only by our heads of departments but also by each of us individually. This is how we will continue to progress and stay among the leaders of this industry.

I will leave you with this saying :

« *It is in difficult times that we recognize true champions* ».

Enjoy your summer!

Eric Bernier, President



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## Miscellaneous

### Statutory Holidays to come

- Monday, June 24th 2013 (St-Jean-Baptiste for Quebec only)
- Monday, July 1st 2013 (Canada Day)
- Monday, August 5th 2013 (Simcoe Day in Ontario, or Civic Day in other provinces)

### Important notice to foremen and rodmen

We ask that you please make an effort to keep the shacks clean and tidy at all times.

Thank you!

**Welcome to all new employees in the ABF team.**

### Obituary



It was with great sadness the we heard of the tragic death of Christian Pageau, in April 2013. Christian had been a foreman for several years at Armatures Bois-Francis Inc. The Management wish to offer their most sincere condolences to his family.

### Here are some of the new contracts recently obtained by ABF:

- The Seigneurie de Beaupré Wind Park, Quebec
- Carleton University's new parking facility foundation, Ottawa
- Modernization of the water treatment plant, Buckingham

## A WORD FROM THE VICE PRESIDENT



### Are your records up-to-date?

Every year, our superintendents and payroll department are fined by the CCQ (Commission de la construction du Québec) because of employee records that are not up to date...

Holding a trade certificate (cards) is mandatory for the construction worker and for the employer who hires him. Since May 13, 2013 those who will not comply to this obligation will systematically be subject to legal recourse. The CCQ has put a stop to its administrative practice of dropping the charges when a worker rectifies the situation within a certain period of grace that could go up to 60 to 75 days.

Therefore, since May 13th, each offense related to not holding an updated trade certificate (cards) on a construction site will be analyzed and transferred to the Director of Criminal and Penal Prosecutions, without regard to any steps a worker or employer might have taken to regularize the situation.

In the light of this new information, it is now of the utmost importance that each construction worker working for ABF does everything necessary to have a valid and updated trade certificate (cards) on him at all times.

During the summer, the CCQ will visit many construction sites to check on trade certificates. So make sure you have your papers in order and you will avoid problems for yourselves and for the company you work for : ABF Reinforcing Steel Inc.

**Enjoy your summer!**

François Vallières, Vice President

## Armatura 2013

On May 29, 2013 in Montreal, was held the 13th Edition of the Armatura Competition. We remind you that this activity serves to promote the use of reinforcing steel in diverse projects and brings good publicity to the industry.

This year, there were 15 projects in the finals, in 5 different categories : residential, commercial and institutional, civil works, industrial and the judges' favorite (Coup de cœur). Furthermore, an honorable mention was given to the new Highway 30 because this is a huge project considering both the amount of work put in it and the bridge realization over the St. Lawrence Seaway.

ABF was competing in 3 projects, all in the commercial and institutional category. They were : the Research Institute of the McGill University Health Centre (winner), the Dix30 LifeStyle III, and the John Abbott College Science and Health Technologies Pavillion. You will find a few pictures on the next page.

Gaétan Ducharme, ing.  
Vice President, Special Projects



ARMATURA 2013 (CONT'D)



# List of finalists



**Commercial - Institutionnal :**

Research Institute of the McGill University Health Center  
John Abbott College Science and Health Technologies Pavillion  
Dix30

**Résidentiel :**

Le Gibraltar Condos  
Les Jardins Millen  
Evolu Towers

**Civil works:**

Parc éolien de l'Érable (Wind Farm)  
Carbonneau bridge reconstruction , St-Felicien  
Bridge replacement, Rte 116, over Hwy 20, Lévis  
Train de l'Est - East insertion structure, Mascouche

**Industrial :**

Construction of two silos, iron ore, Mont Wright  
Bloom Lake Mine, Phase II

**Judges' Favorite:**

Saputo Stadium Expansion  
Maison du développement durable (House of Sustainable Development), Equerre Building  
Revitalization of the « Cité Desjardins de la Coopération »

**Honorable mention:**

Completion of Highway 30

## A few pictures



CUSM ↑



CUSM ↑



DIX30 ↑



DIX30 ↑

*A special THANK YOU is extended to all who have participated in the success of these projects!!!*



DIX30 ↑



# Health and Safety at work

**F**alling constitutes a real and ever-present danger for each one of us, whether at work, at play or at home. The consequences of a simple loss of balance at ground level can be just as serious as those of a several-meter plunger. They range from bruises and back aches to partial or total paralysis, and even, in some cases, death.

## Foreseeable or not?

While all falls are accidental in nature, they can actually be divided into 4 categories:

### \* The unforeseeable fall:

This kind of fall is not related to the situation. It is caused by an uncontrollable object or event for which there are no particular warning signs.

### \* Falling brought about by carelessness:

Although the situation itself and/or certain warning signs may call for caution, the safety measures required by the environment or the material involved are often consciously neglected.

### \* Environment-related falls:

In some cases, the geographical location or the very nature of the environment (heights, narrow passages, slippery surfaces, uneven floors, etc.) are a definite source of danger and remain so despite the application of all appropriate safety measures.

### \* Falling caused by faulty equipment:

Even when the proper safety measures have been applied, some of the equipment used (ropes, ladders or fasteners) may suffer from latent structural defects, damage or wear which can cause it to break.

## In case you fall

Whenever you cannot avoid falling, you must try your best to limit the consequences of the impact as much as possible. The following advice is meant to help you accomplish this:

- \* Try to position yourself so as to control and absorb the shock of the impact either with your legs or your arms;
  - \* Free your hands of any object in order to control your landing and therefore avoid causing additional or more severe injuries;
  - \* Protect your head at all costs!
- Some falls do not have immediate apparent consequences and do not require the intervention of emergency services. Even in such cases, it is very important that you see a doctor as soon as possible in order to make sure there is no hidden injury.

## WELLNESS - HEALTH - SAFETY - ENVIRONMENT

### How would you react?

What should you do if you witness somebody falling or happen to arrive on the scene immediately after someone has fallen?...



1. Evaluate the severity of the situation and make sure you can approach the victim without risk to the latter or to yourself (ex.: presence of live electrical wires nearby, impending danger of explosion, etc.);
2. Ask for help and, if necessary or if the victim is unconscious, have someone call for an ambulance;
3. Remove any debris or objects covering the victim without moving him/her to avoid damaging his/her spine or his/her nervous system;
4. Check whether the victim is conscious. If not, check whether he/she is breathing and feel for a pulse. If necessary - and if you have received the required training - use resuscitation techniques;
5. Do everything you can to prevent injuries and bleeding from worsening;
6. Stay with the victim until the arrival of emergency personnel, or until he/she feels better and you have made sure he/she can safely leave on his/her own.

## Ways to prevent

You can reduce the risk of falling or limit the number of falls, especially in high-risk situations, simply by:

- \* Following all task-related safety procedures;
- \* Having sufficient knowledge of the task to be accomplished;
- \* Knowing the function and the limitations of related safety equipment;
- \* Having, as much as possible, an easy-access path, free of any obstruction;
- \* Maintaining a high level of awareness at all times and concentrating on what you are doing;
- \* Making sure that the material and equipment used (ladders, scaffolds, cables, etc.) have been thoroughly inspected.

Alain Perron, Health and Safety manager

## WELLNESS - HEALTH - SAFETY - ENVIRONMENT

# FALLING...



*Could get you carried away!*