



249, boul. Bonaventure
Victoriaville, Qué.
G6T 1V5
Tél. : 819 758-7501
Fax : 819 758-2544
www.abf-inc.com

E-mail address :
mboucher@abf-inc.com



IN THIS ISSUE:

WORD FROM THE VICE PRESIDENT	2
MISCELLANEOUS	2
FOREMEN'S MEETINGS	3
OCCUPATIONAL HEALTH AND SAFETY	4

A WORD FROM THE PRESIDENT

Hi everyone!

Another year has gone by...

This one has not been very easy with a workload that was greatly reduced as a result of various economic factors that I explained in previous issues of « Le Tag ».



Nevertheless, when comparing ourselves, I think that we have done pretty well in this less than favorable context.

I would like to inform you that the quality-control measures put in place earlier this year have started to bring results. And this is only the beginning, since many departments have not been reviewed yet.

In conclusion, I would like to extend Season's Greetings to all ABF employees and partners and I wish you all a Happy New Year for 2014!

Éric Bernier, President



Good news!

Here are some of the new projects recently awarded to ABF :

- ◆ Bellevue Residence / St-Romuald (South Shore of Quebec City) (QC)
- ◆ Waterstreet Condos Bruyere Street / Ottawa (ON)
- ◆ Southeast Community Centre and Library / Markham (ON)
- ◆ Griffin District, Peel Block, Phase 2 / Montreal (QC)
- ◆ 6 Pack Wind Projects / Jericho, Adelaide, Bluewater, Bornish & Goshen (ON)
- ◆ Le Myst Condos / Montreal (QC)

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



Merry Christmas and Happy New Year to each and every one of you! Take this opportunity to have fun times with your family and replenish your energy level!!!

WORD FROM THE VICE-PRESIDENT



Going nowhere... for your own advancement!

We start seeing them as soon as the weather gets harsher. They have shoes with clips on their feet, dressed with Lycra and dry-fit, sometimes wearing a bike suit, as if to remember their nice summer outings. They install themselves in semicircle in front of a trainer and for one hour, they will sweat heavily, pedaling with all their might... to go nowhere at all. They don't move an inch!

Imagine the expression on the face of your great-great-grand-father if he were to project himself in the future and end up in one of those spinning classes filled with stationary bikes!! You would have to explain that these are extraordinary machines, with speed, rhythm and heartbeat indicators, and what else... All this technology to serve the absolute inertia!!

Then, take this visitor from the past and have a tour of the gym with him, with rowers that are out of water, steps that are not climbing up anywhere, and treadmills that allow you to run without going any further than where you are. Most likely, your visitor will ask to go back to where he came from, where things were much less complicated. We did not exercise then, we used oars to go across the lake in our boat; we ran because we needed to go somewhere fast; we climbed up the stairs because it was the only way to get to the second floor!

This is the paradox in our time. We build complex machines to reproduce simple movements. Oh well! We cannot deny the modern ways and the important thing is to keep moving, with or without high-tech equipment.



I want to congratulate a group of office employees who take advantage of part of their lunch time to exercise and motivate themselves in small groups, and all in the ABF team who've recently gone back to the gym, GO-ING NOWHERE while spinning their bike... for their own physical ADVANCEMENT.

François Vallières, Vice-President

Miscellaneous



Chantal Deshaies

HALLOWEEN!

There was a contest for the best costume on Halloween Day for the office employees who disguised themselves. Chantal Deshaies won first prize: ABF's corporate box for a match of the Tigres (local hockey team for the LHJMQ). Monique Bourque won 2nd prize: a sweet treat.

Congratulations to the winners and thank you to all employees who have participated!!!



Monique Bourque



FOREMEN'S MEETINGS

In recent years, ABF's Management has taken the initiative to meet with the foremen from the Montreal and Quebec regions. This year, the meetings were held respectively on November 28th at the Hotel Mortagne in Boucherville, and on December 12th at the Auberge Québec in Quebec City.

On this occasion, Éric Nadeau (VP Construction), Luis Monte (VP Construction), Isabelle Cloutier (Technical Director) and Véronique Bélanger (Quality Control Coordinator), assisted by the Superintendents Claude Bilodeau and André Leclerc, have explained our reinforcing steel company's philosophy and its growth during these past years.

The Management took advantage of these meetings to give the usual reminders concerning jobsite management and the importance of stringent follow-ups in reports transmission. During these meetings, emphasis was put on the new processes put in place for quality control. The foremen were asked to actively participate to improve ourselves in this aspect. Communication between the foremen and the detailors/project managers was one aspect that was also discussed. The Management reminded the foremen that they are in the final steps of a project. Consequently, it is of the utmost importance that each and every one cooperates to achieve success.

We want to thank you all for participating to these meetings. The discussions, made in a more relaxed environment, have allowed for opinions to be shared. These face-to-face meetings were useful for us to identify various jobsite problems and will help us make the adjustments that are necessary for ABF to continue growing in the future.

Do not hesitate to communicate with us, to share your different point of views and/or ideas that could help in the company's progress. Your ideas are always welcome.

ABF Management will conduct the same kind of meetings with the foremen of the Ottawa region later, in 2014. Don't worry, we have not forgotten about you!

In conclusion, we would like to take this opportunity to extend our Season's Greetings to each and every one of you and our best wishes for the year 2014!

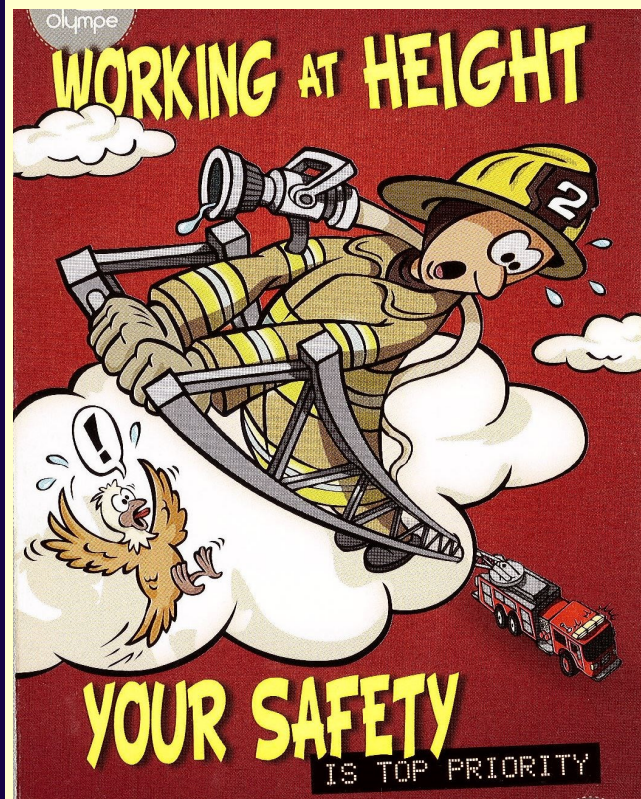


Eric Nadeau, ing.
Vice-President Construction



Luis Monte, ing.
Vice-President Construction

Occupational Health and Safety



No need to be very far from the ground to injure yourself! Although you may be performing a routine task, the moment you are off the ground, the risk of injury increases—hence the important of taking appropriate measures. Working at height is a term which refers mainly to three common situations, especially on construction job sites and in industry environments:

1. Working three or more meters above floor level

Any time work is conducted three or more meters above floor level, workers must wear a safety harness which complies with current standards. The harness must be linked to a security system.

- ◆ To avoid falling more than 1.2 meter use a shock-absorber

and ropes.

- ◆ Use an automatic rope winder linked to an energy absorber.
- ◆ As of five meters above floor level, guard rails are required.

2. Working on a ladder or step ladder

Ladders and stepladders should be used only for short-term jobs (less than one hour).

- ◆ Carry tools in a tool belt when climbing the ladder—not in your hands.
- ◆ Use a rope or a hoist to bring up bulky equipment.
- ◆ Always have three press holds (two feet, one hand or one foot, two hands resting on the rungs).
- ◆ The ladder/stepladder must always be placed on solid ground and both uprights well-supported at the top.

3. Working with an elevating platform

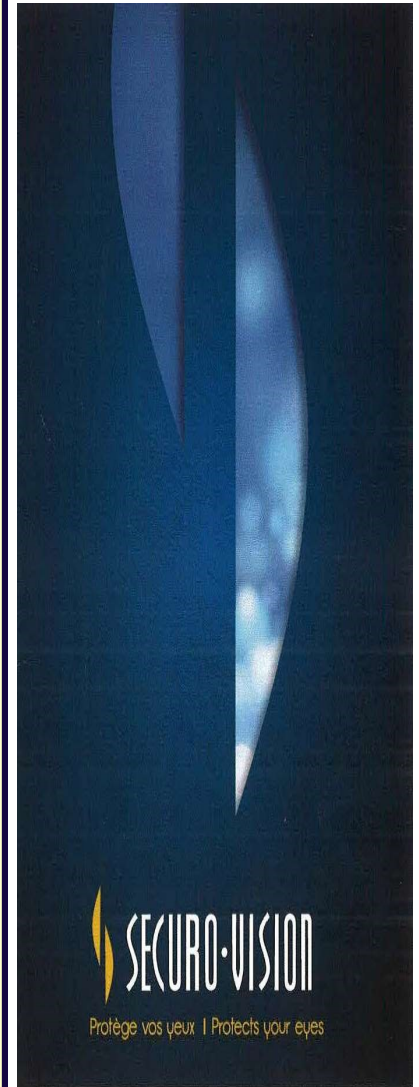
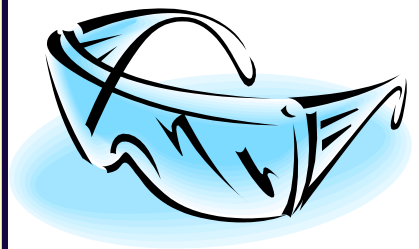
The platform must be...

- ◆ Checked by a specialist at the start of the job, then daily by its operator.
- ◆ Equipped with guard rails and mechanisms ensuring that it can be stopped abruptly in case of emergency and prevent it from falling if there is a power failure.
- ◆ Well-balanced and have sufficient space to move about.

Controlling the risks

When talking about job safety, one must pay special attention to risk control. When working at height, workers must assess the task at hand and determine whether some of the risks can be avoided by doing part of the job on the ground (all assembly done at ground level, use of devices/hoists to bring equipment down for maintenance, etc.). Otherwise workers must assess the risks which cannot be avoided then the unavoidable risks can be countered by using safety measures.

Alain Perron, Health and Safety manager



Lunettes de sécurité ajustées à votre vue à prix spéciaux seulement pour les employés d'ABF

Safety glasses with prescription lenses at a special price only for ABF employees

Information: www.securovision.com