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A WORD FROM PRESIDENT

Hello everyone!

Summer is already drawing to a close, and the start of the season was moderately busy. At the moment we're noticing an increase in shipments, owing mainly to our contracts outside the province of Quebec.

Construction is moving at a slow pace in Quebec, but I feel fairly optimistic that with the new majority government, the economy will gradually improve.

There are two pieces of good news for ABF. The collective labour agreement for the commercial and industrial sectors has finally been settled. In addition, the lockout at Arcelor Mittal only lasted for a few weeks; this situation was shaping up to be very worrying for us.

Over the next few months, we'll be going ahead with the expansion of our head offices. This work is needed to allow us to expand our Estimation Department, which will make it possible for us to submit bids to a larger number of projects and to cover a wider territory. The plan also involves reorganizing a number of workstations that have become too small.

I wish everyone a great fall season!

Éric Bernier, President



Set your watches back!

On Sunday, November 2, 2014, don't forget to put your clocks back one hour and to change the batteries in your smoke detector!

Good news!

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

- ↳ University of Ottawa, Henderson Residence / Ottawa
- ↳ Hawkesbury & District General Hospital Redevelopment / Hawkesbury
- ↳ Momentum cultural diffusion centre / Victoriaville
- ↳ Phase 3 of Les Belvédères sur le Fleuve / Beauport
- ↳ Hôtel St-Amable / Montreal
- ↳ PWGSC Rebuilding of Quais 97 and 98 (de la Reine) / Port of Québec
- ↳ Soba Condos / Ottawa
- ↳ Bldgs. D & G Kanata Lakes Apartments / Kanata
- ↳ Rental building / 35 Jean-Talon / Montreal

Welcome to all the new employees in our ABF team.

A MESSAGE FROM OUR QUALITY COORDINATOR



Our Construction Sites are Entering the Age of Communications!!!!

That's right!!!! A massive smartphone deployment project on our construction sites will be starting within the next 3 weeks. A number of our overseers will need to become acquainted with new iPhones. Using this tool has become unavoidable. It will make the lives of many people within our company simpler, enable us to communicate better, and help us prevent many wastes of time and errors on both sides; in addition, it will make us more efficient in managing communications between the construction site and the office as well as between the various on-site trades.

No more "manual gear phones", as I like to call them... Although they were very useful to us in the past, it has become essential to be able to send each other emails, photos and texts. Overseers will be able to better manage their steel orders by placing them in writing when it suits them; no need to wait for their calls to be returned. For project managers, this will mean clear and complete steel orders that are sent in a timely manner and can be managed as part of the daily priorities and emergencies.

- Last-minute site instructions? Email them directly to the site.
- Missing plans? Send a PDF of the section to reinforce, and the work keeps going.
- Site memo? "Click", take a simple photo of the site memo sent to the office, of the extra soil generated, of the invoice sent in real time; no more settlements when the project is closed and getting paid becomes problematic.
- Time sheets and overseer's reports? "Click", take a photo and send it to the office. No need to run around trying to find a fax anymore...
- Work injury? Safety stand-down? Once the documents have been filled out, the photos are sent to the OHS service, and the file can be opened and the procedures initiated right away.

As many of you already know, the possibilities are endless. Apps can be developed for just about anything. Soon, there might be a direct app on the phone for payroll, overseer's reports, non-compliances, steel orders, etc.

Véronique Bélanger, Quality Coordinator

Miscellaneous

Note to forman

Since August 31, for commercial and industrial sites, parking receipts are required to obtain a refund.

2014 ABF golf open

The 5th edition of the ABF golf tournament was held at the Club de golf Laurier in Princeville last July 10. The weather was fine, and the employees had a great time. The team made up of Isabelle Cloutier, Réjean Hainse, Chantal Deshaies and Pier-Alexandre Marcoux-Poirier carried off the honours.

Congratulations to the winners!!!



Upcoming Statutory Holidays

Monday October 13, 2014 (Thanksgiving)

Monday November 10, 2014 (Remembrance Day)

PROJECT : RENOVATION OF AN APPROACH TO HONORÉ-MERCIER BRIDGE



In the spring of 2015, demolition and reconstruction work will be undertaken on the Montreal-bound overpass and approach to Honoré-Mercier Bridge on the Ville LaSalle side. In the early spring of 2014, in preparation for future work, the Ministère des Transports du Québec granted a building contract for a temporary detour road linking Honoré-Mercier Bridge with the mainland at Ville LaSalle to the TNT2 company, and consequently a sub-contract to Armatures Bois-Francs.



Construction work involved positioning a pillar measuring nearly 14 metres in height relatively to the level of the natural terrain. Pillar 1T will support the future temporary deck at the exit of Honoré-Mercier Bridge. This pillar's distinctive feature is that it was also embedded in rock, in a caisson over 22 metres in depth. The total length of the piece was 36 metres; it measured 1.85 metre in diameter, and weighed 17.5 metric tonnes.

The column was precast in a single length right at the construction site. Although it was supposed to be put in place in a single piece, the MTQ ruled that it should be installed in 2 sections for safety reasons. A 23-metre section and a second one measuring 13 metres were connected using mechanical sleeves on the column's 40 35M-gauge vertical bars. Two cranes were required to hoist the sections. A 350-metric-tonne crane and a second 45-metric-tonne crane were needed to lift the precast elements during the night of September 23 to 24, 2014.

As for the steel reinforcement work, overseer Joseph Leblanc's team worked relentlessly in order to install this pillar while complying with the many restrictions put in by the general contractor, the MTQ and the City of Montreal. In spite of a few obstacles to overcome, the ABF team was successful in putting the column in place.

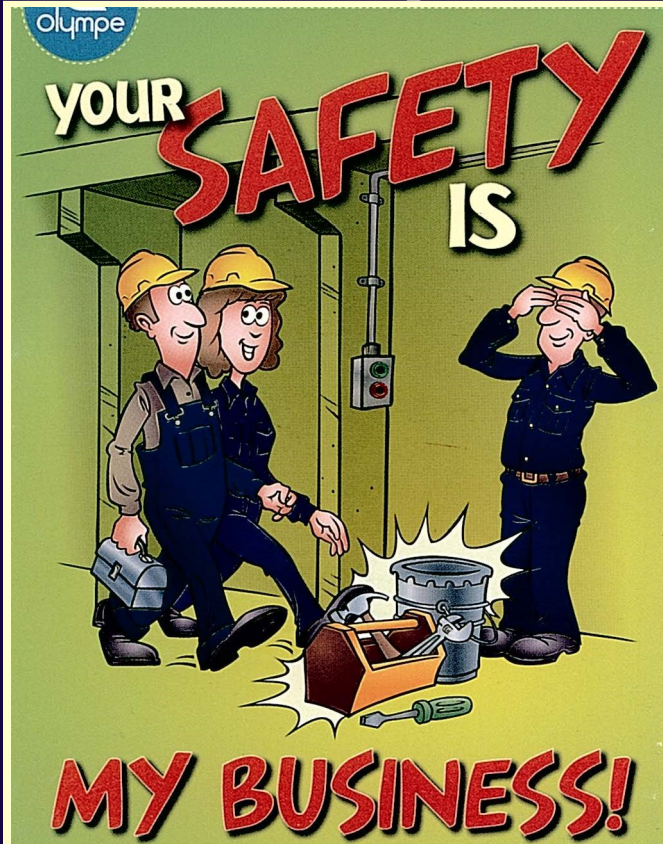


This project's most important take-away is that comprehensive and detailed planning and analysis are essential to safely bring this kind of project to fruition.

Eric Nadeau, ing.
Vice-président Construction



Occupational Health and Safety



It's only normal to be interested in your personal safety. But what about looking out for others? It's not always safety for a variety of reasons, such as not wanting to be told to mind one's own business, being too busy, or simply a lack of interest. This has got to stop! When it comes to safety, never must we hesitate to get involved.

Do as I say... and as I do

The most important, and the easiest, way to have a positive influence on your co-workers in matters pertaining to health and safety in the workplace is to be an example. When they watch you, they should notice the following:

- You are familiar with all safety rules and precautions, as well as appropriate work methods;
- You wear personal protective equipment;
- You make sure all safety systems (emergency stop buttons, main switches, portable fire extinguishers) are functional;
- You know how to handle hazardous materials;
- You fully understand the task at hand, have received the necessary training, and are physically fit to accomplish it.

If you see, say it

Would you not say something if your own safety were involved? Then why not report a situation that puts your co-workers' safety at risk? Immediately tell your supervisor or the person in charge of health and safety where you work whenever you see one of the following:

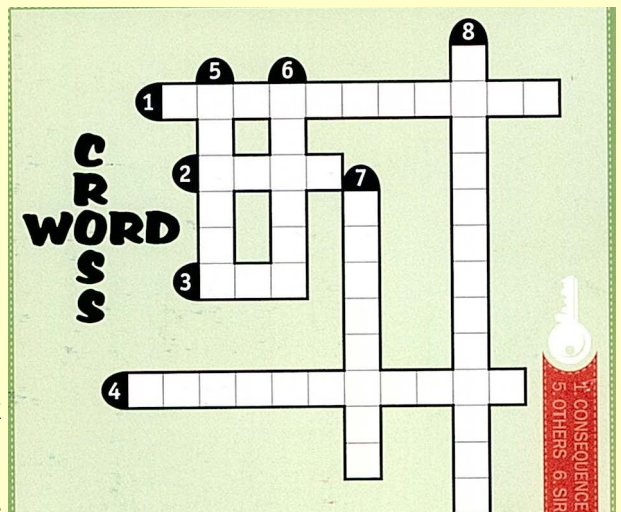
- A piece of protective equipment is either missing or malfunctioning;
- An accident occurred, or nearly occurred; even if it seems minor;
- A violation of the company's rules and regulations was committed;
- A tool, a machine or a situation presents a health and safety hazard.

It all depends on how you do it

Are you afraid of your co-worker's reaction if you raise a safety issue? Remember that it all depends on how you bring it up. When someone has a kind and humble approach, bad reactions rarely occur. This is especially true when the other person understands the fact that you simply meant to prevent a work-related injury.

Yes, your involvement may offend an oversensitive co-worker. However, you will have a clear conscience, as well as the satisfaction of having done the right thing. Nobody wants to say "if only I had spoken up" after the fact, no matter how serious the accident is.

Alain Perron, Health and Safety manager



Across

1. The price you pay for acting carelessly.
2. If you prevent an accident, you will be a _____.
3. An international code of extreme distress.
4. It's a part of the job to _____ in safety related activities.

Down

5. In the workplace, their safety is also our responsibility.
6. Hearing one of these is rarely good news.
7. Never begin a task before _____ about the risks.
8. If there's an accident, offer your help during the _____.