



# LE TAG



## A MESSAGE FROM THE PRESIDENT

Hello everyone!

Here we are again, at the start of a new season. As incredible as it might seem, the market remains very difficult for the entire construction industry; this is true for all specialties, since competition is brutal and there are few large-scale projects.



Additionally, we have to deal with the many insolvency issues faced by some of our clients, which adds to our current challenges.

The cost of steel has recently increased significantly over the course of just a few weeks, and it goes without saying that the market will be feeling the effects of this situation soon.

We're working very hard towards obtaining new mandates so that our people can get on the job as quickly as possible, but this is far from an easy task in the current context.

However, we need to remain optimistic about a strengthening of the market in the next few months. For this reason, we have to make all necessary efforts in order to continue to improve our efficiency in every one of the company's departments so that we'll be ready when the economy recovers.

My thanks to all of you for your contribution!

Eric Bernier, President

249, boul. Bonaventure  
Victoriaville, Que.  
G6T 1V5  
Phone : 819 758-7501  
Fax : 819 758-2544  
[www.abf-inc.com](http://www.abf-inc.com)

E-mail address :  
[mboucher@abf-inc.com](mailto:mboucher@abf-inc.com)



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## Upcoming Statutory Holidays

Friday, June 24 (St-Jean-Baptiste Day)

Friday, July 1 (Canada Day)

Welcome to all the new ABF  
team employees!

## Good news!

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

- ⚙ The Queen Elizabeth / Ottawa
- ⚙ Lamoureux Hall Learning Centre, University of Ottawa / Ottawa
- ⚙ Equinoxe St-Elzear / Laval
- ⚙ 287 Lisgar Street / Ottawa
- ⚙ Pierre-de-Saurel wind farm / Yamaska, St-Robert, St-Aime
- ⚙ Entourage sur le Lac / Lac Beauport
- ⚙ La Tour Arya condos / Laval
- ⚙ Espace J Phases A and B / St-Augustin-de-Desmaures
- ⚙ Quartier DIX30 Building S11 / Brossard
- ⚙ Yellow Falls Hydroelectric Project / Smooth Rock Falls

ABF's management wishes you a wonderful summer vacation  
with your loved ones! Take this opportunity to recharge your batteries!

## A WORD FROM THE MANAGEMENT

### The Weekly Safety Stand-Down: A Vital Tool!

Armatures Bois-Francis has adopted a proactive approach regarding health and safety; as a result, we keep due diligence in mind. More specifically, this means that we must act like a good parent towards our workers.

According to the Code, the duty of a person supervising work is as follows: "Every one who undertakes, or has the authority, to direct how another person does work or performs a task is under a legal duty to take reasonable steps to prevent bodily harm to that person, or any other person, arising from that work or task."

Due diligence therefore demands that we determine whether we've taken every precaution in order to prevent a breach of this condition and done everything necessary to ensure that preventative measures function properly. To achieve this, we must make certain that our employees receive clear, appropriate instructions through efficient means of communication. Consequently, [the weekly safety stand-down](#) is a vital tool in achieving this end.

Due diligence rests on the three duties of an employer:

- a) [the duty of foresight](#): When it comes to health and safety, the employer must identify work-related risks and determine what preventative measures are appropriate.
- b) [the duty of efficiency](#): This requires the implementation of concrete methods to ensure the safety of workers as regards equipment, training and supervision in order to certify compliance with safety guidelines.

As part of this duty, the foreperson in charge of a worksite must set up a [weekly stand-down](#), as specified in our prevention program. [This high-priority, mandatory document](#) must be forwarded to the Health & Safety Coordinator on a weekly basis. It should be attached to the foreperson's report.

The safety stand-down is an activity aimed at identifying the risks associated with our daily and weekly tasks. It incites forepersons and workers to question themselves about the tasks they'll perform, thereby pinpointing the risks specific to these tasks. This will make it possible to find preventative methods appropriate to the tasks that are to be performed and to prevent work-related accidents. This moment for stopping and reflecting should happen more than once a week if deemed necessary, and preferably on Monday morning before work starts on each of our sites and at our plant.

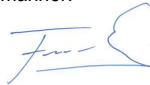
- c) [the duty of authority](#): This involves the employer's intolerance towards dangerous behaviour and the imposition of sanctions on employees who don't comply with rules of caution.

It's essential to perform a safety stand-down every week and to send us, along with [your time sheet](#) and [your foreperson's report](#), the duly completed [safety stand-down form](#). We're counting on your cooperation!

If you're faced with a situation that you're not certain is **ENTIRELY SAFE**, don't hesitate to talk to your foreperson, your superintendent, or the Health & Safety Coordinator so that they can intervene and plan the work in a safe manner.



Alain Perron, Cell : 418-930-1275  
Health and Safety Manager



Francois Vallieres, B.A.  
Vice President



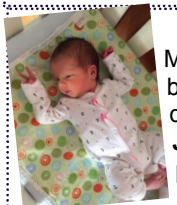
Eric Bernier  
President

## Miscellaneous

### ABF BABIES



Congratulations to **Mélissa Rondeau** and her partner on the birth of their son Raphaël on March 14.



Meet little Camille, born on April 22, daughter of **Marie-Josée Blais** and her partner.



### Co-pilote for a Day!

Last December, ABF's management gave Gérald Vigneault a present for his 35 years of service with the company: a helicopter ride and a brunch at Manoir du Lac William in St-Ferdinand. This special day took place on Saturday, May 21. From the expression on his face, we think Gerald enjoyed it!



## OLRT PROJECT IN OTTAWA

OLRT stands for "Ottawa Light Rail Transit" (TLRO in French, for "Train Léger d'Ottawa"). This project is also known as the "Confederation Line."

This project, which is currently in phase 1, consists in linking the city of Ottawa with its suburbs East to West and North to South by building a light rail system. This investment will greatly improve travel in the city of Ottawa during peak hours, as well as making public transport much more efficient.

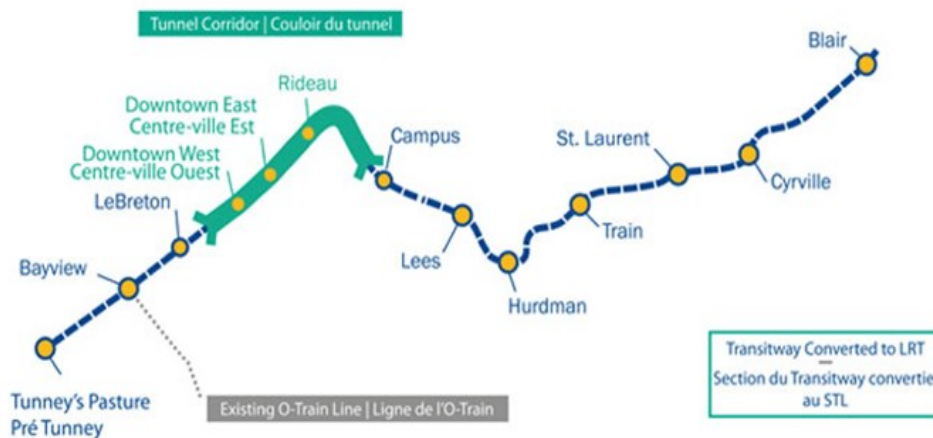
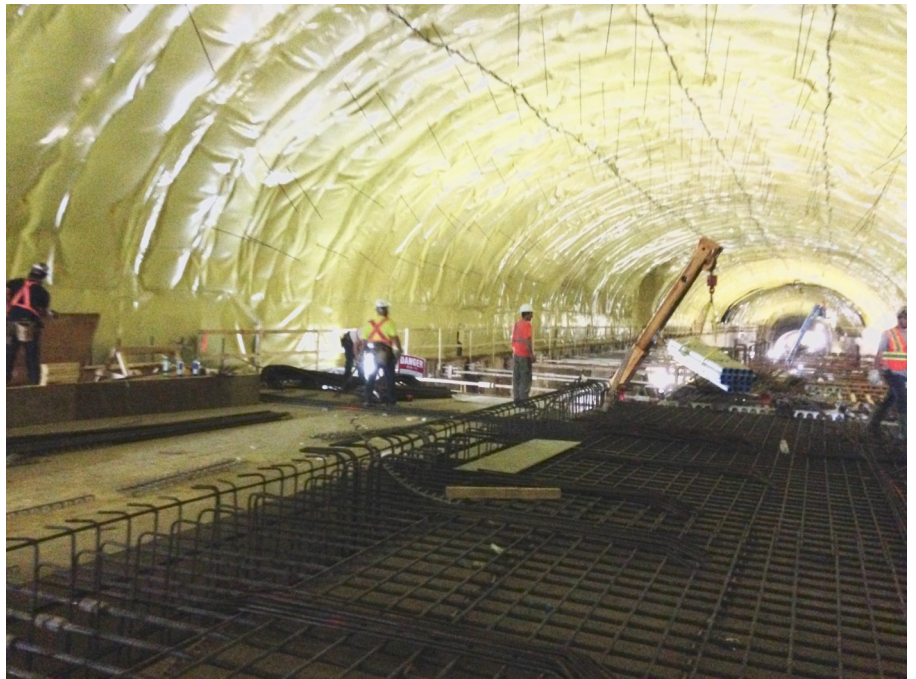
Phase 1, which is currently ongoing, includes:

- a 12.5 km line along the existing bus corridor, from Blair Road to the East to Tunney's Pasture to the West;
- an approximately 2.5 km tunnel across Downtown;
- 13 stations, 3 of them underground.

This project, totalling several billion dollars in investments, is being carried out under a PPP by the OLRT-C consortium composed of EllisDon, SNC-Lavalin Inc., Dragados Canada and ACS Infrastructure.

As well as two small projects aimed at modifying station exits in existing Downtown buildings (including Place de Ville), Armatures Bois-Francs has been selected for the construction of the Downtown Lyon Station (Downtown West on the map). This is a project of over 1,000 tons that consists in concreting over the Station's "Arch," which is located underground, as well as the floor slab and the stairs leading to the surface (street level).

In order to reach the station, you must take a tunnel and walk a distance of about 800 metres. The distinctive feature of this project is that the entire (arch-shaped) ceiling framework is to be suspended from previously installed anchor rods. The framework will be supported by these anchors on the ceiling, then the forms will be installed. The framework must not be supported by the forms, since they were not designed to bear this weight.



Tunney's Pasture to Blair Station | Pré Tunney à la station Blair

Transportation Master Plan - Phase I, Increment I | Plan directeur des transports - phase 1, étape 1

The work should spread over several months and, as well as having to detail the arch framework with precision, Ijaz Azad, our Project Manager, will need to coordinate steel deliveries with the people in charge at the site. Since the work space is so limited, supply of the steel inside the Station must be impeccably planned.

Armatures Bois-Francs is proud to once again be taking part in a project of this scale in the Great Capital of Ottawa!

Luis Monte, ing.  
Vice President, Construction

# OCCUPATIONAL HEALTH AND SAFETY

When people work hard physically, or when they are exposed to extreme temperatures, their bodies use up large amounts of water, minerals and energy, to counter the effects of heat. It is therefore necessary to make up for those losses.

## What's Essential Is Important!

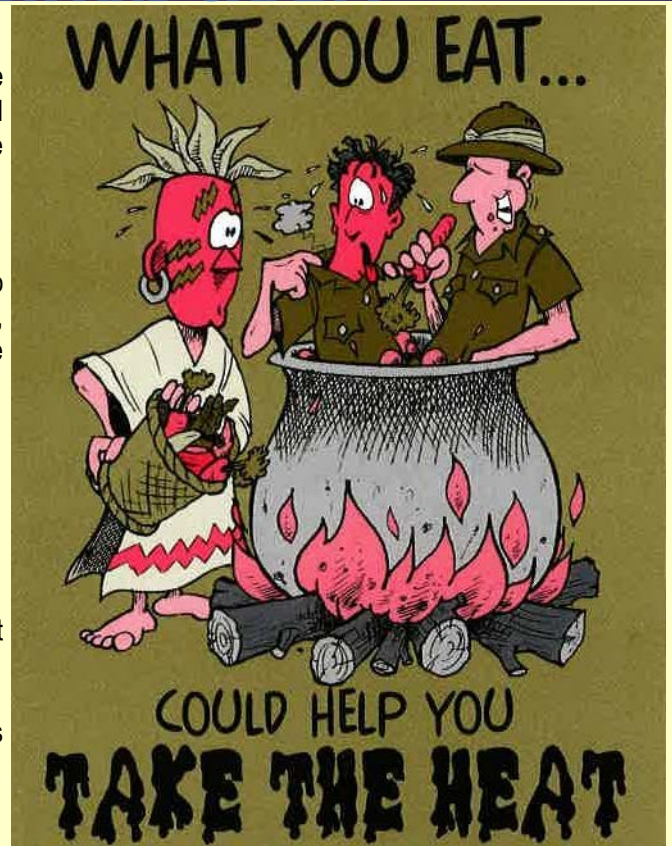
While perspiration helps the body maintain a proper temperature, it is also responsible for the loss of such essential elements as water, sodium, potassium and vitamin C. Failure to replace them quickly could cause some very serious problems, such as :

- ☞ Insomnia and exhaustion;
- ☞ Severe cramps or damage to muscle tissues;
- ☞ Constipation;
- ☞ Arrhythmia or, in the worst cases, a heart attack.

## Where to look?

To counter the effects of heat on your body, you must choose food that provides sufficient amounts of the following nutritional elements:

- ☞ **Sodium**  
Table salt, seafood, cold cuts and milk are excellent sources of sodium.
- ☞ **Potassium**  
Potassium can be found in meat, cereals, milk, fruits and legumes (peas, beans, etc.).
- ☞ **Chlorine**  
Table salt, seafood, milk, meat and eggs contain fair amounts of chlorine.
- ☞ **Vitamin C**  
Kiwis, grapefruits, oranges and water melons are full of water and vitamin C.



## Drink Up!

When it gets really hot, or when you're working really hard, it may take more than water to make up for your body's losses...

So-called "isotonic" beverages such as *Gatorade*™ are well suited for people who are exposed to extreme conditions. You can make your own isotonic drink simply by mixing the following ingredients:

- 1 ml of salt (1/4 teaspoon)
- 355 ml (one 12.7 oz. can) of frozen, unsweetened and undiluted orange juice
- 2000 ml of water (8 1/2 cups)

For variety, replace the orange juice with other kinds of juice, and adjust the amount of water accordingly (for 355 ml of juice). For instance:

- Grapefruit juice:  
1775 ml of water (7 1/2 cups)
- Apple juice:  
2125 ml of water (9 cups)
- Pineapple or grape juice:  
2400 ml of water (10 1/4 cups)



## Things that Leave You Cold

Certain types of food that provide lots of energy, minerals and vitamins, also have negative effects on your body's capacity to counter the effects of heat. Here are some things that you should avoid and why:

- ☞ Food that contains a lot of fat (butter, sauces, etc.) is harder to digest and slows down your metabolism;
- ☞ Diuretic beverages like, tea, coffee and cola, make you urinate more often and cause dehydration;
- ☞ Alcohol causes the arteries swell and speeds up the rate at which water is eliminated from the body;
- ☞ Gas-inducing food, such as cabbage, onion, broccoli and corn, causes various intestinal problems.

## Food for Thought

To help your body become more resistant to heat, eat low-fat, light meals (salads, fish, pasta, vegetables, fruits, etc.), and slightly salted snack (cheese, nuts, etc.). Finally, and above all, drink lots of water. Drink a little at a time, very often.

Alain Perron, Health and Safety Manager