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A WORD OF OUR EXECUTIVE VICE PRESIDENT

Hi!

Winter is upon us and another year is ending... but what a year!!! (little overview)

In a few months, or almost a year possibly, the health crisis will have shattered all the benchmarks of entrepreneurs, managers as well as employees.

All organizations, large, small, essential and non-essential, in any industry, ALL without exception, have had to face a host of challenges: retaining our customers, securing our supplies, maintaining our productivity, setting up and increase teleworking, add health measures, tighten finances, reassure the troops, communicate, communicate, communicate and much more.

At the same time, despite our difficulties, we took the opportunity to promote our employer brand linked to our 'legendary service' and our 'legendary employees' and to update our logo slightly.

All of its actions were carried out in perfect harmony with our vision, our values, our atmosphere, the chemistry between our people, the leadership of our managers ... and necessarily had a direct impact on the pride and commitment of the members of our beautiful ABF family! Several of you were at the front for the company when the Covid hit our factories in Victoriaville, impressively increasing your working hours to unprecedented levels ... you recognized yourself, you have all our gratitude and the Management thank you from the bottom of our heart!

I take this opportunity to wish each of you and your families a very Happy Holiday Season! Take a break, get some fresh air and above all, recharge your batteries!



François Vallières, Executive Vice President

Good news!

Here are a few projects recently obtained by ABF:

- * British Square / Aylmer (550 MT)
- * St-Laurent residential tower Phase 2 / Brossard (680 MT)
- * 36 Robinson Avenue / Ottawa (880 MT)
- * 3551 Gouin East / Montreal (1 500 MT)
- * Terranova Phase 2 Bldg B&C / Terrebonne (1 400 MT)
- * L'Archipel / Levis (800 MT)
- * The Vice-Roi / La Prairie (700 MT)
- * Serpico / Coteau-du-Lac (2 500 MT)
- * 285, Hymus / Pointe-Claire (950 MT)
- * Lokia St-Sacrement / Quebec (1 200 MT)
- * The Wow / Quebec (3 000 MT)



Upcoming Statutory Holidays

From December 21, 2020 to January 1st, 2021
(Christmas vacation)

Management wishes you a very
Happy Holiday Season!

Welcome to all the new
ABF team employees!

Psst... Watch the next edition of the TAG, it will have a new even more interesting appearance and content!

Miscellaneous



ABF'S BABY

Congratulations to Alexandre Gagné and his wife on the birth of their daughter Romy, on September 23!



'Golden Rod' 2020 Award



2020 Value: RESPECT

The recipients are:

Office: Mélanie Bergeron

Plant: Éric Bois

Ottawa constr. site: Jason De Sousa

Montreal constr. site: Bruno Sarrazin

Quebec constr. site: Guillaume Fallu



Years of service

10 years:

- Bertrand Guillemette
- David Perreault
- Donavan Arsenault
- Éric Nadeau
- Luis Monte
- Stéphane Hamel

15 years:

- Alain Perron
- Patrick Bélanger
- Stéphan Caron

20 years:

- Alexandre Pellerin
- David Couture
- Jasmin Belzile
- Karyne Houde
- Manuel Croteau

25 years:

- Isabelle Cloutier

30 years:

- Éric Moreau

Thank you all for having the ABF's success at ❤️!

2020 Halloween



1st position: Jasmin Belzile



2nd position: Danya Turcotte



3rd position: Érika Lynn Johnson



Mélanie Boucher



Christian Loiselle



Jean-Philippe Fafard

OCCUPATIONAL HEALTH AND SAFETY



Excavation work: Without proper protection, it can turn ... into trench warfare!

Introduction

Each year, outdoor excavation work is the scene of an alarming number of accidents, the consequences of which range from light wounds to permanent disabilities, and even deaths.

Facts to consider

A major safety pitfall...

Special safety measures must be applied when carrying out trench work because of the specific hazards associated with this type of activity, namely:

- The nature of the ground (clay, gravel, sand, soil).
- The presence of underground water, aqueduct pipes or other underground utility network.
- Space restrictions (urban environment) that results in the digging of trenches with near-vertical walls.
- The often urgent nature of the work being done.
- Coactivity, or parallel work going on nearby or on the same site.
- Difficulties in getting in and out of the trench (ladder).

An in-depth analysis...

When the walls of an excavation start caving in, those working at the bottom of the trench can be buried in less than a second. This is why all trench work must be done in compliance with the following rules:

- The walls of the trench must be shored (braced) in the appropriate manner.
- Supplies and excavated material must be deposited at least 1.2 meter away from the edges of the trench.
- No vehicle or machinery must be operated or parked within 3 meters of the edges the trench.
- The bottom of the trench must be kept reasonably dry and free of hazardous clutter.

Laying the groundwork for prevention

Shoring plays a central role in preventing accidents, provided that it meets the following requirements:

- Choosing the right type of shoring equipment (trench box, cage, pipe or hydraulic jacks).
- Bracing solidly, with quality material.
- Complying with and engineer's specifications.
- Setting up adequate signage and making sure it stays there until the work is finished.
- Installing access ladders in the required locations.
- Making sure that all work is done under the supervision of a qualified person.

Shoring may not be required if the slope of the walls is less than 45 degrees, starting 1.2 meter from the bottom of the trench, and an engineer certifies that there is absolutely no risk of caving in.

Safety first ... and always!

Adequate training, the use of proper working methods and tools, and the adoption of safe behaviors are essential conditions for preventing accidents, whether performing excavation work or any other kind of work. So, make safety your priority!

Questions? Contact you H&S team