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A WORD FROM OUR EXECUTIVE VICE-PRESIDENT

Hi!

On May 11th, more than 550 of our employees returned to work on our construction sites, in our factories and in our offices to continue ABF Inc.'s development. All of you had to adapt to our new facilities and that has left no one indifferent. Our entire supply chain, which obviously includes all of our suppliers and subcontractors, has come to life. Delaying the recovery even more could have caused many inconveniences, particularly to the length of the season and therefore causing a problematic end of the autumnal season to all of our industry.



The recovery has been done safely and everything indicates that we have risen to the challenge brilliantly. All of the measures in our Covid-19 guide, which we have developed based on the construction industry and the CNESST, have been implemented on all levels throughout the company to eliminate risks of contamination. However, prevention remains essential and it is even more essential in times of a health crisis. Remember, everyone is accountable to co-workers, regardless of their responsibilities in the business.

I would also like to thank each and every one of you for your collaboration and your involvement in respecting the health rules. All of this remains fragile and we must all remain vigilant. The situation is complex but we, members of the large ABF family, as it is well known, we know how to take on the challenges that have been presented to us for almost 45 years now. This time, it is a completely new kind of challenge, but we will take it on with flying colors, I'm sure.

In closing, I wish you a good summer vacation and a great summer!

François Vallières, B.A., Executive Vice-President

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Good news!

Here are a few projects recently obtained by ABF:

Esplanade Cartier QDL1 / Montreal	980 T.M.
7 Sens Cité Mirabel / Mirabel	1100 T.M.
151 Chapel / Ottawa	2150 T.M.
Les Diplomates 4 / Quebec	650 T.M.
770 Brookfield / Ottawa	2390 T.M.

Upcoming Statutory Holidays

September 7, 2020: Labor Day

ABF management wishes you a wonderful summer vacation! ☺

WE HAVE A JOB FOR YOU!

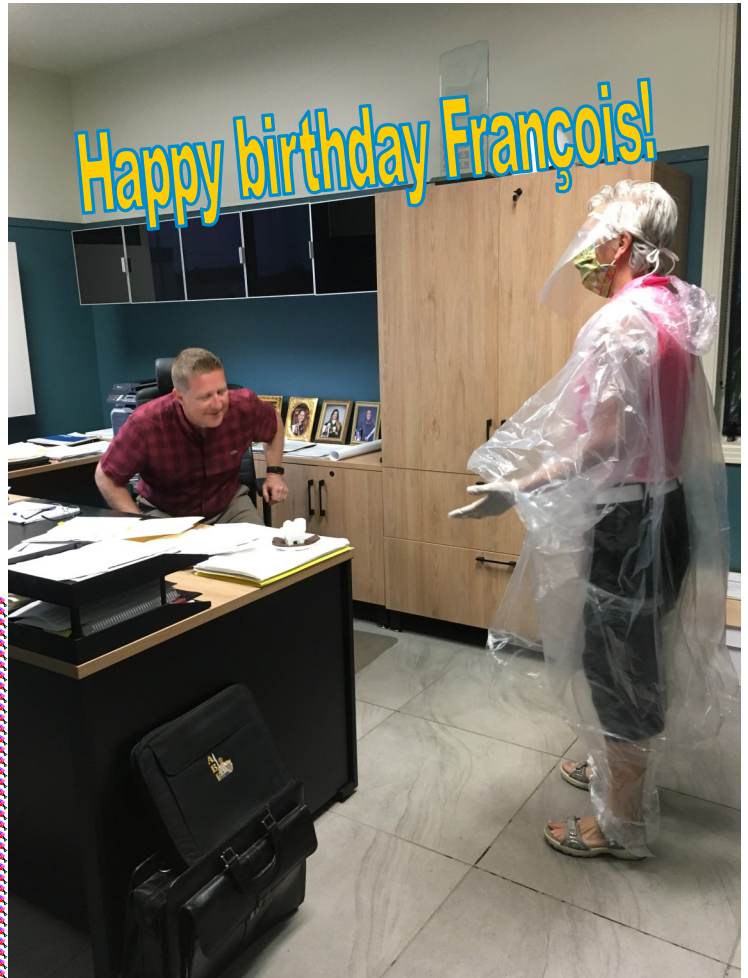
TELL YOUR FRIENDS !!!



Miscellaneous



On June 9, our executive Vice-President celebrated his 50th birthday! As the latter was sad not to receive his traditional hugs from the female member of the office due to the Covid-19, he was still able to receive a hug from a distance from Monique Bourque, who had designed a protective suit for the cause!!



Recently, ABF management has spoiled 2 of its truckers: they now deliver reinforcing steel with a new truck! Here is Eric Moreau (left) and Jocelyn Lambert (right) happy with their new toy! ☺

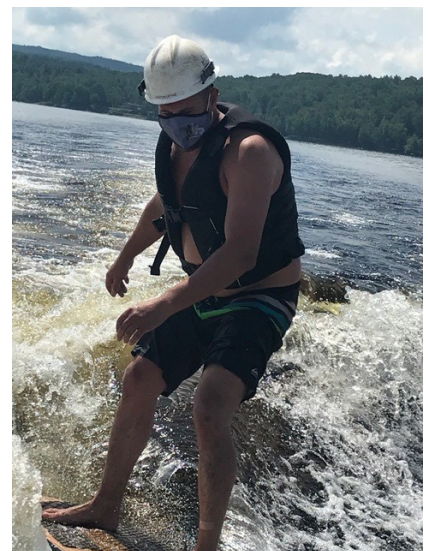
ABF employees, you are exposed!

Last June, ABF management gave all its employees a mask with the company logo and launched a new contest for all employees to know them better. They have until August 31 to send a picture of them proudly wearing their mask.

Here are some of the pictures received so far:



**Follow us on our
social media to
discover new
pictures!**



Occupational Health and Safety



Staying hydrated

Introduction

We all know that life just is not possible without water. Our body depends on it to function properly. However, most of us either do not drink enough water, or absorb liquids high in carbohydrates or caffeine, substances we could really do without. Why not simply opt for water? It is free, available everywhere, and so important to feel your very best!

Facts to consider

When you are hot, your body reacts

When we are exposed to heat or put forth physical effort, our body adapts and cools off thanks to thermoregulatory processes, such as sweating. In extreme cases, one can lose up to one litre per hour! Add to that the loss of electrolytes (mineral salts) and you end up with a serious situation on your hands.

Dehydration can cause fatigue, cramps, concentration and coordination issues, and even heart problems.

It is important to drink...

- ✓ **When we are thirsty.** Do it now! When your body wants you to know it is starting to suffer from dehydration, it sets off an alert mechanism: thirst. Children and the elderly should not wait to feel thirsty as this may indicate a critical state of dehydration.
- ✓ **Even when we are not thirsty!** As a rule, it is recommended to drink about 2.5 litres throughout each day. Keep a glass or a bottle of water near your working area.
- ✓ **Water, especially water.** In most cases, consuming water is enough to avoid dehydration. However, after intense physical activity or exposure to high temperatures exceeding one hour, sport drinks (Gatorade-type beverages) can be a good idea thanks to the electrolytes and carbohydrates they contain.

Can one drink too much?

Yes and no. It is possible to drink too much; especially if we choose poorly. The beverage industry spends millions of dollars on publicity to get you to consume liquids that can cause you as much harm as they can do you good. Note that it is also possible to drink too much water, but this rather rare event (called hyponatremia, or blood sodium deficiency) happens mostly to endurance athletes who, out of fear of dehydration, go to the other extreme and drink too much. You can usually trust the body's regulatory mechanisms to perform adequately.

Homemade energy drinks?

Are you torn between your reluctance to buy the beverages sold on the market and the appeal of enjoying the benefits these drinks can offer? Here are a few easy solutions:

- 500 ml (2 cups) of water / 500 ml (2 cups) of 100% pure apple or orange juice. Add half a teaspoon of salt.
- or
- 750 ml (3 cups) of water / 250 ml (1 cup) of 100% pure grape, pineapple or cranberry juice. Add half a teaspoon of salt.

Stir and enjoy!

Questions? Contact your H&S team