

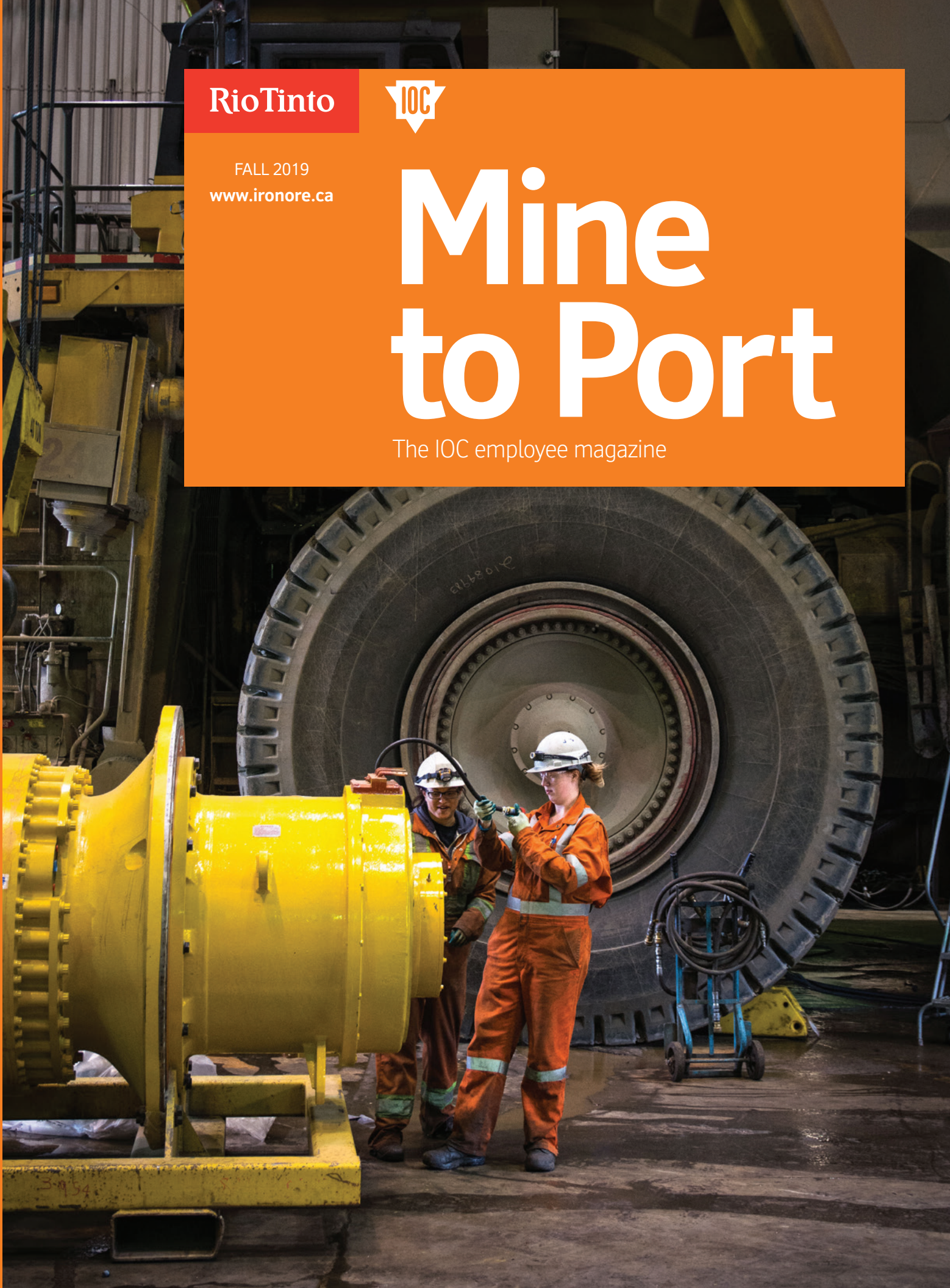
RioTinto



FALL 2019
www.ironore.ca

Mine to Port

The IOC employee magazine





Clayton Walker
President, IOC

I hope you all have had a good summer and were able to spend some time with family and friends.

Throughout 2019, we have had a number of safety incidents related to routine tasks. The railway incident

was a sobering reminder of significant risks in our everyday work. Are we using the learnings to improve in our own areas? How do we ensure we are focused on the task at hand? Are we checking on each other and providing feedback when we see something that doesn't look right?

In September, we launched our new approach to Safety Risk Awareness – *Courage to Care*. This will not be an easy change for IOC, but each and every one of us at every level in the business has to be willing to try in order to change our safety culture. I would ask that everyone stays open minded – there is nothing more important than our safety.

Operations experienced another challenge earlier this year with material bridging/freezing in the pockets and at the AG mill feeders. A taskforce was brought together and solutions were identified with focus on implementing changes to operating procedures and engineering solutions. This is a good example of learning and collaboration.

During our planned maintenance shutdown in Labrador City, we experienced unexpected conditions in Beaver Bay. While this was a significant incident in terms of cost and production, we are very pleased that there were no injuries or environmental issues. A taskforce has been formed to make sure we learn from this incident so that it does not happen again.

At the Mine, we have been piloting an Autonomous Drilling System (ADS) with the aim to improve drilling safety, compliance and efficiency. We are encouraged by preliminary results. An evaluation will be completed over the next six months to determine the viability of moving forward with full implementation. In addition, we continue to invest in our business, we saw the

delivery and assembly of our 6th shovel, Mill 11 Reflux Classifier Demonstration Plant commissioning, and five new locomotives and new rail changers, trailers and blower trucks to upgrade the Maintenance of Way fleet, with delivery expected in 2019 and early 2020.

The relocation of Control Room Operators from the Concentrator was seamless, thanks to the careful planning, engagement and suggestions from employees, and timely execution from a dedicated team. Congratulations to the entire team involved in making this significant change so successful. Plans are underway for the relocation of Pellet Plant Control Room Operators in the coming months.

Another example of great teamwork was the efforts by the Rail and Port team to load and haul the CFS that had accumulated since last fall in Labrador City and before the end of Q2 2019. This allows us to improve delivery to our customers.

Moving forward

We must do our best to foresee the risks and mitigate them, however, there will still be times when things go wrong. What's important is our ability to learn from those incidents, bounce back and become an even stronger business. Our level of resilience and ability to work together will determine our success. Thank you for everything you are doing to make IOC safer and sustainable.

While we have improved in many areas according to our most recent People Survey, well-being continues to be an area of improvement for IOC. If you are struggling in any way, please reach out. If we are not hearing you, speak louder. Ask your leader, reach out to HR, or call the Employee and Family Assistance Program.

I look forward to seeing what we can achieve together in the remainder of 2019.

Be Safe,
Clayton Walker

IOC at a glance*

SAFETY



**ALL INJURY
FREQUENCY RATE 0.67
OUR 2019 TARGET 0.50**

- 235 First Aid Cases
- 10 Lost Time Incidents
- 5 Medical Treatment Cases
- 2 Potential Fatal Incidents

Safety Risk Awareness – *Courage to Care* Information Sessions held for all employees in Labrador City on Sept. 3-4 and in Sept-Iles on Sept. 18-19



PEOPLE

- **Family Day** events held August 17 in Labrador City and September 7 in Sept-Iles
- **Employee BBQs** and clean up days held in Labrador City and Sept-Iles
- IOC employees and community partners participated in a number of **Pride Week** events in July
- **Golf Tournaments** held on August 17 in Sept-Iles and on September 21 for Processing Operations in Labrador City

CASH



- YTD CFS unit cost result :
Vs 2018 Aug Actual: 5% (favorable)
Vs 2019 Aug Plan: 18% (unfavorable)

PARTNERSHIP

- Launch of the Steering committee for Indigenous Relations
- Launch of the Virtual Reality Tour
- Rio Tinto and IOC were major sponsors of the Aboriginal Interband Games
- Platinum sponsor of the Encore Community Arts Association
- Participation of 21 employees in the Multiple Sclerosis cycling Event in Sept-Iles.
- Platinum sponsor of the Memorial University Faculty of Engineering & Applied Science 50th Anniversary Celebration
- IOC also sponsored :
- Labrador West Big Landers Special Olympics Team
- Relay for Life in Sept-Iles
- Labrador West Provincial Youth Ball Hockey for the provincial tournament

GROWTH

- Mill 11 Reflux Classifier Demonstration Plant on schedule for October commissioning. Completing feasibility study on full plant conversion to new flowsheet.
- Feasibility study on consolidating fine and coarse tailings initiated
- Studies to increase pellet plant capacity by ~700k tpa progressing (additional flotation plant capacity and two new filtering & balling modules on machines 5 and 6)

* YTD AS OF AUGUST 31, 2019

Managing vehicles with technology for a safer and greener IOC



Contributor : Ken Lindstrom

If we turn the clock back to 3 years ago, IOC was running a fleet of over 300 light vehicles and struggling to know what was happening, where it was happening, and when. Fast forward to today and our current fleet of more than 340 units, which is equipped with some of the latest technology in fleet management with the Orca system.

The Orca system supplied by Geothentic, a 100% Canadian owned and supplied company, was developed approximately 13 years ago. Since its implementation, IOC has worked with the Geothentic to develop and fine tune the Orca application.

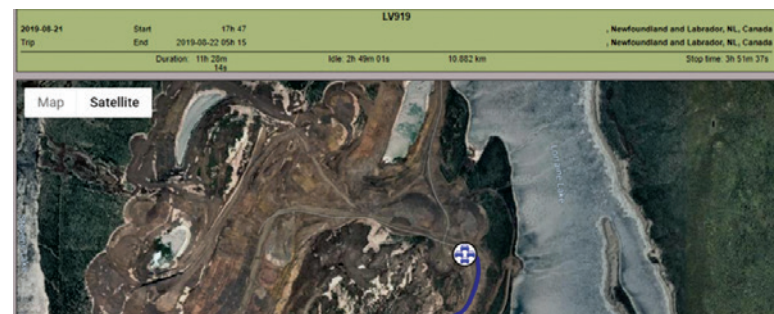
In a nutshell, Orca is a GPS-based on-board computer that allows IOC to monitor and manage certain aspects of the fleet. Specifically, we use it to monitor vehicle conditions, access and see where the vehicle is located at any time through a web based application.

For added safety, the team can set up geo-fencing areas and define safe speed limits based on the specific operating conditions, as well the security department's predetermined speed limits. The Orca system monitors the location of the vehicle and warns the driver when he/she exceeds the specified speed limit for the zone.

Speeding events have been reduced by more than 65% since the inception of the Orca system making our roads safer, reducing fuel burn, and lowering maintenance costs.

Going forward the team continues to roll out improvements. The next step is to replace the PIN keypads in the vehicles with employee card readers which will eliminate the need to remember and enter a PIN number.

A successful collaborative effort across IOC.



The light vehicle management team composed of Tara Taylor, Gerry Bailey and Jean-Philippe Rochette, can set up automatic start and stop features to limit idle time, as well as keep vehicles warm at a pre-set temperature thus reducing needless idling and greenhouse gas emissions. Orca also provides the team with data on the vehicle in order to schedule preventative maintenance to keep our fleet safer and more reliable.



Jean-Philippe Rochette,
Senior Analyst, Asset Recovery



Tara Taylor,
Coordinator, Inventory and Logistics



Gerry Bailey,
Superintendent Light Vehicle and Short Term Rentals.

Supporting victims of family and domestic violence



IOC is proud to have joined several community groups in Labrador West to form the Intimate Partner Violence (IPV) Taskforce. Membership includes the Royal Newfoundland Constabulary (RNC), Hope Haven Emergency Shelter for Women, Labrador West Status of Women, Victims Services, the Department of Children, Seniors and Social Development, Labrador Grenfell Health – Mental Health and Addictions, and IOC.

The aim of the group is to form meaningful partnerships, create education and awareness opportunities within the community related to family and domestic violence, and to share resources to ensure victims of violence and their families get the support they need.

The taskforce has been busy with awareness activities throughout 2019 and is pleased with the progress made to date in implementing programs to support victims of intimate partner violence, including: confirmed funding of \$5,000 from IOC for a Lock/Door Change program; a Cell Phone Assist program coordinated through the RNC; and most recently a Pet Safekeeping Program which has been implemented in partnership with the RNC, Hope Haven, Faith's Haven Animal Shelter and the Towns of Labrador City and Wabush.

IOC was also very pleased to both support and participate in the Intimate Partner Violence (IPV) training held in Labrador West during Victims and Survivors of Crime Week (May 27-31). The theme of the week was *The Power of Collaboration* and aimed to raise awareness about issues facing victims and survivors of crime and the services, programs and laws in place to help them and their families.

The provincial RNC Intimate Partner Violence (IPV) Unit provided local RNC members in the Labrador West region with training on how to identify and investigate IPV cases, as well as cultural sensitivity training so they can effectively provide support to local Indigenous communities. The project also involved engagement

with the community, as well as IOC's HR Team, USW representatives, and IOC Domestic Violence Champions, to increase awareness of IPV support and services for victims, learn about potential barriers, and identify additional opportunities for collaboration on reducing and mitigating IPV in the Labrador West region.



IF YOU WOULD LIKE MORE INFORMATION ABOUT THE SUPPORTS AVAILABLE FOR VICTIMS AND FAMILY MEMBERS OF INTIMATE PARTNER VIOLENCE, PLEASE CONTACT YOUR AREA HR OFFICER.

IT Upgrades - Vital to smooth operations

Contributor: David Trépanier

IT department is currently working on the third and final phase of a project involving changing a number of routers used mainly for running networks of administrative and operational data for both the port and rail facilities between Sept-Îles and Labrador City.

The initial equipment upgrade plan allowed for a three-year period to perform all the work. However, implementing an effective strategy made it possible to complete the work in only two years. "Collaboration among our team members, as well as members of Communications & Signals and train dispatchers, is very important when carrying out router upgrade work, since communication is completely cut off at times. This requires seamless operational planning and coordination," says David Trépanier, senior network administrator in charge of the company's various IP networks and their security.

"The equipment that was replaced was over 13 years old, which is an eternity in computer years, because technology changes at such a rapid pace" adds David. The new routers are ten times faster than the old ones, which will generate a substantial increase in performance with regard to information processing and result in better quality and more reliable communications across all our facilities, especially along the railroad. The mobile camps, for example, will benefit from more reliable access to communications and will finally have a fibre optic connection.

Moreover, once the upgrade is complete, this equipment will be powerful enough to allow inter-site backups (to date, independent backups have been done at Sept-Îles and Labrador City), which will prevent data processing redundancy, allow for faster execution time and require less server space.

THE RESPONSIBILITIES ASSUMED BY THE IT DEPARTMENT ARE VITAL TO ENSURING IOC'S SMOOTH RUNNING OPERATIONS. THESE CHANGES WILL HAVE A CONSIDERABLE IMPACT ON OPERATIONS. WE SHOULD ALWAYS KEEP IN MIND THAT IT IS AT THE HEART OF IOC'S COMMUNICATIONS, INFORMATION SHARING AND DATA BACKUP.

In memory of Eldon

On September 9th the new Parallel Ore Delivery (PODS) bridge in Labrador City was officially named the Eldon Perry Memorial Bridge. Scott Smith, an employee on the ODS team, put forward the idea of naming it after their former co-worker who died as a result of a workplace accident in 2010, and this was quickly endorsed by the ODS team. This visual landmark will serve as a way of continuing to keep Eldon in the thoughts and minds of his many former coworkers and friends.



ODS team, members of the USW 5795 Executive accompanied by Eldon's family.

Replacing the locomotive sanding system

Contributor: Amaury LeBoyer

In 2018, a project aimed at implementing a new structure including a sand tower, commonly referred to as "Big Sandy" after the supplier chosen for the project, was launched at IOC's Sept-Îles facilities.

The primary objective of the project was to replace the sanding system to eliminate the need to work at heights when filling the sand tanks on the 23-cu. ft. QNS&L locomotive braking system. The system initially in place which included two mechanical conveyance filling towers had become obsolete. The configuration required employees to climb onto the locomotives using locomotive ladders and hold the supply hose in one hand to do the filling. So it was impossible to maintain contact with three contact points at all times. Employees were therefore exposed to several risks related to working at heights (including falls) and weather conditions (in winter and on rainy days when the locomotives are slippery). These operations presented a significant risk and were not aligned with IOC's safety standards.

Following the modernisation of the facilities and the implementation of the new filling tower, employees no longer have to climb onto the locomotives, eliminating all risks identified for this task. Filling is now done using hoses that semi-automatically discharge the sand directly into the locomotive from the ground. Those in charge of filling were given specific training to operate Big Sandy safely and effectively.

Although ensuring workers' safety was the main motivation for replacing the old system, there are other advantages to making this operational change. In addition to saving time, the pneumatic tower system is also far more ergonomic for employees. Moreover, this ensures a considerable reduction in sand leaks and losses during the filling – which is required for each round trip from Sept-Îles to Labrador City.

Based on the success of the project, everyone agrees that this new equipment is a considerable improvement in terms of both effectiveness and employee safety.



BEFORE

NOW

The sanding structure

A very busy summer!

Golf Tournament

Nearly 90 employees from the rail and port facilities gathered at Club de golf Ste-Marguerite on August 17th to enjoy a hot sunny day out on the greens.

To mark the occasion and the return of IOC's golf tournament in Sept-Îles, a new tradition was launched, namely the awarding of a red jacket to members of the foursome with the highest score.

In the evening, participants had the opportunity to sample Indigenous culture with traditional dishes served by the caterer at Centre Innushkueu Mani-Utenam. A huge thanks to volunteers Monia Marcoux, Guillaume Saindon, Jean-Guy Hinse and Martin Arsenault, as well as to members of the organising committee Simon Dallaire, Philippe



Two of the 22 foursomes participating in the Sept-Îles Golf Tournament.

Thériault, Marie-Josée Carrier, Louis-Joseph Duckett-Duplessis, Simon Boudreault, Eddy Fequet and Marie-Hélène Chouinard, who made sure the event was a great success!

Labrador West Pride Week

Submitted in collaboration with members of the Labrador West Pride Committee

Labrador West's eighth annual Pride Week was a resounding success! Pride Week is organized by the Labrador West Pride Committee to raise awareness of Lesbian, Gay, Bisexual, Transgender, Queer, and Others (LGBTQ+) existence within Labrador West. Many well attended events were held such as a flag raising, community parade, distributing and painting rainbow picnic tables on site and in the towns which were donated by IOC, and a vendor fair. These events brought together people from all walks of life regardless of sexuality, gender or gender identity.

The committee, and the LGBTQ+ community as a whole, genuinely appreciate IOC promoting equality through participating in the events, donating to this

cause, and independently rolling out inclusion and diversity initiatives within their business. Initiatives supported by IOC impact the lives of thousands of people and set the standard for business and community culture province wide. It is hard to convey in words how deeply these events and initiatives positively impact mental health, lives and families.

Corinna and Jody Wentzell and their daughters who participated in the Pride Parade.



IOC Family Days



Once again this year, IOC Family Days were an opportunity for the business to not only recognize and thank all our dedicated employees but also their families. Family Day is a way to express our gratitude and to allow families, co-workers and friends to spend time together.

Labrador City

Held in Labrador City on August 17th the theme for this year's event in Labrador City was "Think today, Enjoy Tomorrow" focusing on the environment. In accordance with the theme, each family received an eco-friendly reusable tote bag along with reusable drinking straws as a way to promote helping our planet continue to become a better place for our communities and generations to come.

Over 300 families attended this year's event and participated in many fun activities such as Plinko, Scavenger Hunt, Remote Control Car Racing, Mine Tours, and much more. Those in attendance also gave back to the community by bringing food bank items that were proudly donated to the Labrador West Ministerial Food Bank. Family Day 2019 was a fun-filled day with family, friends, retirees and co-workers, and was enjoyed by all.

Sept-Îles

More than 350 people showed up in Sept-Îles on September 7, despite the unseasonably cold weather.

With this year's theme of safety, participants enjoyed inflatable playground equipment, a bungee trampoline, a themed photo booth and face painting, savoured méchoui and popcorn, and attended an emergency drill organised by the IOC brigade. Representatives from the Sept-Îles fire department also joined in by demonstrating a vehicle extrication. The fire department's mascot, Éteintout (which means "fire out" in French), was on hand to entertain the little ones. Families were also given the chance to test SOPFEU pumps and equipment, talk to a Gardium security guard and meet a Sûreté du Québec police officer to learn more about their jobs. The presence of all these professionals clearly demonstrates the strong ties between IOC and the various local/regional safety-related organizations.

The Sept-Îles organizing committee is proud to pursue the green makeover begun at last year's family day through a number of green initiatives aimed at reducing the amount of waste generated throughout the day.

THANKS TO EVERYONE WHO TOOK PART IN THE FESTIVITIES, AND SPECIAL THANKS TO MEMBERS OF BOTH ORGANISING COMMITTEES AND VOLUNTEERS FOR MAKING EVERY EFFORT TO ENSURE THE SUCCESS OF THE TWO LOCAL EVENTS.

IOC takes part in the 2019 Native Inter-band Games

Contributor : Marie-Josée Carrier

It was with great enthusiasm that IOC agreed to act as a major partner in the organisation of the Native Inter-band Games held in the community of Uashat mak Mani-Utenam in July. It was a unique opportunity to participate in a major sporting event benefiting youth from various First Nations groups in Quebec.

Chantal Lavoie, Chief of Operations, indicates “We responded favourably to the request by the Games’ organising committee because supporting the community where we are established and operate is one of our priorities. Our community investment program focuses on supporting and promoting important causes in the eyes of our employees and communities. Our partnership with the Games is part of this effort and represents an opportunity to highlight health and wellbeing, two core components of our organizational values”.



The medals that were given to the participants

Everyone knows the saying “A healthy mind in a healthy body”; IOC of course agrees with it and believes it is important to:

- encourage youth and adults to take part in physical activity and healthy competition, while having fun
- offer young people a unique opportunity to exceed their expectations and believe in their dreams
- let adults know just how important it is to act as role models for young people
- promote a better quality of life through sporting activities and healthy eating habits
- foster the development of quality sports infrastructures
- work as a team to deliver our projects and ensure our success

Since physical and spiritual wellbeing has always been and continues to be at the heart of Indigenous culture, we were proud to partner with the Uashat mak Mani-Utenam community and even more thrilled to invest in the future of Indigenous youth. It is through events like this that dreams take shape.



IOC Executives were on hand to meet Chief Mike McKenzie and members of the organising committee at the opening ceremony of the Games.

Occupational Health and Safety Rendezvous



The 16th edition of the *Colloque santé et sécurité du travail de la Côte-Nord* [Côte-Nord occupational health and safety symposium] took place at Cégep de Sept-Îles. This annual event allows companies to share health and safety achievements and examine better prevention strategies. Thirty-two employees had the pleasure of representing IOC at the symposium. Focused on prevention and improvement, the event aligns perfectly with our values of placing occupational health and safety at the heart of our everyday activities. That is why IOC and the United Steelworkers are proud to be Gold Partners for this event.

In the afternoon, the occupational health and safety award winners were announced. Although IOC makes a point of promoting health and safety on a daily basis and developing innovations in the field, the company is not eligible for the award since it is governed by federal legislation and the CNESST is under provincial law. That is why IOC has not applied over the years.

The event was an enriching experience from both a personal and professional standpoint, and participants went back to work with a number of ideas to explore.

Inspiring conferences

As part of this event, participants were able to choose from five conferences. No doubt that the opening conference “*Diamonds or dust: how to shine under pressure while others fall apart*” skilfully given by keynote speaker Dr. Amir George Sabougui was the highlight of the day. The dynamic and interactive presentation covered such topics as managing stress, recovering energy and passion and taking back control of your life.

A second conference that was greatly appreciated by the IOC team was given by consultant, author and speaker Marc-André Ferron. The conference, entitled “*Zero injury: a game without improvisation*”, dealt with the importance of establishing an effective prevention game plan. Mr. Ferron drew a number of parallels between health and safety and hockey.

Also on the day’s agenda, exhibitors such as 3M Canada, Centre de prévention du suicide Côte-Nord and SPI Health and Safety, to name just a few, allowed participants to discover new innovative health and safety products and helped raise awareness of the importance of specific health-related services.



Marc-André Ferron, Speaker



Dr. Amir Georges Sabougui, Speaker

Giving back to our communities, one step at a time



TINA HARRIS, MICHELLE TURPIN AND KRISTAL BROPHY ORGANIZE THE RMH RED SHOE CREW WALK FOR FAMILIES EACH YEAR IN LABRADOR WEST

The Ronald McDonald House holds a special place in the hearts of many employees at IOC, as well as residents in Labrador West. Every day families from all over Newfoundland and Labrador face the reality of a sick or injured child. For many of them this means they must travel to St. John's, to receive specialized pediatric care and treatment at the Janeway Children's Health and Rehabilitation Centre. Ronald McDonald House helps sick or injured children stay close to their families and to the care and resources they need. Each room is decorated with bright colours, comfortable furniture and child inspired accessories. In October 2018, IOC adopted a room for three years.

Tina Harris, HR Advisor in Labrador City, has been organizing the Red Shoe Crew Walk for Families in Labrador West since 2014 and since that time has helped increase the fundraising efforts for Labrador West by 161%.

"My initial involvement with RMHNL was definitely work related. I was asked to organize the second annual Red Shoe Crew Walk in Labrador West and it sounded like fun so I said yes," said Tina. "That next spring I was invited to attend the Annual Conference in St. Johns. Part of the conference included a tour of "Our House". The minute I walked in the door, I mean the very second, my heart exploded and I knew... this is a place where love is and I want to be a part of it."

Tina has been recognized for her work with the Ronald McDonald House and in 2016 she received the Helping Hand award for Leadership from the Ronald McDonald House, Newfoundland and Labrador (RMHNL). Also in 2016, she became a Regional Development Coordinator for RMHNL.



Of course, supporting very great leader there is always a great team. Michelle Turpin and Kristal Brophy, also employees with the HR Team in Labrador City, work with Tina each year to organize the event which is held in September. Families come together, participate in the walk, and enjoy food and fun activities.



"As we all know, Tina has a big heart, and when she asked me to help out I thought it would be a great way to volunteer for such a worthy cause," said Kristal. "With each passing year, the event seems to get bigger

“

BEING A PART OF THIS AMAZING ORGANIZATION IS ONE OF THE GREATEST JOYS OF MY LIFE, HONESTLY”.

Tina Harris



Kristal Brophy, Tina Harris and Michelle Turpin

and better. I have two of my own children, and know that sickness can strike at any time to anyone. It is so comforting to know that there is a "house" that families can call a "home" in light of what their family may be going through when having to deal with a sick or injured child. This walk has become an annual family event for us; the whole family helps out and we look forward to it each year."

Michelle not only helps organize the walk each year, but has been among the top fundraisers since becoming involved, along with her family.

"I'm so happy to be helping this amazing charity and organization. In 2013, our son Andrew was diagnosed with Hypoplastic Left Heart Syndrome, just a couple days after he was born. We were flown to St. John's, and then Halifax, where Andrew was cared for at the IWK Health Center until he passed on May 13th, 2013. While life seemed to be spiraling out of control during that time, the things in life that some take for granted,

were provided for us through the Ronald McDonald House. They provided a roof over our heads, beds to lay our heads down, meals to eat and essentially became our home away from home. The employees, the volunteers and the kind people who give their generous donations are what makes this organization special. In 2013, we became part of a much bigger family and I'd like to thank each and every one of you for showing your support. Our family will forever be indebted to this wonderful organization."

IOC is so proud to have three of our very own employees giving back to our communities in such a meaningful way.

"Being a part of this amazing organization is one of the greatest joys of my life, honestly. When a child is sick or injured they need their families with them" said Tina. "Knowing that what we do contributes to making that possible is the most incredible feeling."

Rethinking work practices to enhance safety and protect wildlife

Contributor : Philippe Thériault

To allow water to flow properly and ensure the integrity of the rail line, several culverts are set up along the QNS&L Railway. Since they often narrow waterways, culverts are a prime location for opportunistic animals – such as beavers – to set up home. When a beaver builds a dam in a culvert, the latest there is a risk of the culvert becoming blocked and a team must be dispatched to the site to dismantle the dam and safely remove the beaver to prevent breakdowns and the risk of railway accidents.

In September 2019, two preventive solutions for managing harmful beavers were implemented, namely at miles 21.46 and 28.96 of the Northernland subdivision of the QNS&L Railway. The control systems consist of two cylindrical wire mesh structures placed on the upstream side of the culverts. These types of structures increase the amount of work required for the beaver to build its dam, but allows the water to flow freely, discouraging

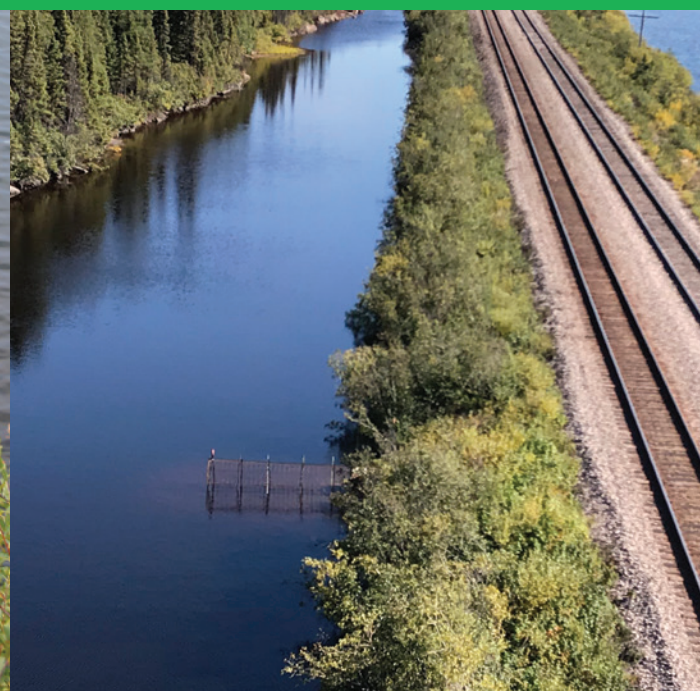
the animal and prompting it to find another place to build.

There are various devices and strategies for managing beavers that can be integrated into the installation of culverts. The goal is not to eliminate the beaver, but to prevent it from blocking the infrastructures and allow the water to flow freely. By implementing these structures, IOC reduces railway safety risks, and lowers the cost of unblocking the culverts, managing the beaver and repairing the railway right-of-way, while maintaining biodiversity and the beaver's presence near its facilities.

Times and traditions are changing, and we have to adapt and rethink our work practices by coming up with solutions that improve safety, costs for the company and the environment. So here is another fantastic initiative part of a sustainable development approach and aligned with our organizational values.



Close view of a beaver control system.



Control system implemented on the QNS&L Railway.

Cycling for the cause!

A number of IOC employees are cyclists in their free time, and some of them put their passion to the service of worthy causes.

For La Boucle, held on June 15th as part of Le Grand Défi Pierre Lavoie, the IOC team wore a new jersey with “Sept-Iles” on the back. That sparked a number



of reactions among participants in the event, which took place in Drummondville this year. People found that our team had chalked up a lot of kilometres to take part! This was the first participation in the event by an IOC team, and based on the feedback, a number of employees hope to repeat the experience.

Another event, *Cyclo Tour SP* (Multiple Sclerosis Cycling Event), was held on August 24th, a hot, sunny day. Over a hundred participants, including about 20 employees, took part in this increasingly popular and high-profile event. Over \$30,000 was raised and donated to the Multiple Sclerosis Society of Canada's Côte-Nord regional organisation, including almost \$6,000 raised by the IOC team.

Bravo, cyclists with a heart of gold!

Emergency Response Team wins Bronze Medal

IOC Emergency Response Team (ERT) members from Labrador City recently entered the Scott FireFit Championships, a competition based on fire-fighting tasks commonly performed in emergency situations. Jordan Parrill, Robin Porter and Adam Maracle were Bronze medal winners in the mixed category. In addition, Mark Brophy, Shane Kennedy and Brad Pinksen also competed and had a fantastic showing. The team then qualified for the Canadian National, World Championship Event held in Oshawa, Ontario. Adam Maracle won Gold in volunteer category and raced against 42 other competitors; Adam Maracle, Robin Porter, and Jordan Parrill finished with Bronze medal in mixed team relay event; and Robin Porter won Bronze medal in female rookie of the year. Also, the men's relay team finished with its personal best time.



Labrador City ERT members proudly displaying the RT IOC and Labrador Flags at the 2019 Canadian National, World Firefit Competition.

There were almost 500 competitors at this event from all around the globe – Canada, US, Kuwait, Great Britain, Germany. This is IOC ERT's first ever competition and we had an amazing showing by the six IOC ERT members.

“The competition is often referred to as the toughest two minutes in sport, clearly reflective of the tough day-to-day work this team performs. Without a doubt, this is an accomplishment to be proud of and a demonstration that we have highly skilled ERT members ready to respond and support our employees should the need arise,” said Chantal Lavoie, Chief Operating Officer.

WE ARE RECRUITING!

The Mine to Port team is looking for collaborators for future editions.



Are you curious, a good observer and/or you have an interest in communication?

We need you!

Whether it's to share stories or to use your writing skills.

To collaborate to the next edition, you have until December 6, 2019 to communicate your interest or your ideas to Marie-Josée Carrier or Jeanette O'Keefe (contact details below).

The Mine to Port **Team**

Mine to Port is a collaboration across many areas of IOC and we thank everyone for their support and involvement. If you have a question for the Mine to Port team or would like to share a story for an upcoming edition you can reach out to any member of the Communications and External Relations team.

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CURRENT AND PAST EDITIONS ARE ALSO AVAILABLE ONLINE AT WWW.IRONORE.CA



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