



## **Welcome to Bell Tower!**

**Aspen Properties Ltd. would like to welcome you to Bell Tower.**

**We offer this Tenant Handbook & Emergency Procedures Manual as a reference tool and an introduction to Aspen Properties Ltd.**

**We hope you find the information contained in this manual helpful and informative. If you require assistance in any area please contact us at 780•442•3100.**

**Aspen Properties Ltd. will provide all reasonable protection to properties under their management and in the event of any emergencies, will do all it can to ensure safety and protection of human life.**

**The safeguard of human life transcends the security of physical assets.**

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## KEY CONTACT NAMES

The property management office is located within Bell Tower at Suite 200, 10104 103 Avenue, and our standard hours of operation are from 8:00 a.m. to 4:30 p.m., Monday to Friday.

### **Management Office**

Aspen Properties Ltd.  
Suite 200, 10104 – 103 Avenue  
Edmonton, Alberta T5J 0H8  
Tel: 780-442-3100 Fax: 780-442-3106 [www.aspenproperties.ca](http://www.aspenproperties.ca)  
Email: [edmontonreception@aspenproperties.ca](mailto:edmontonreception@aspenproperties.ca)

**24 Hour Security Tel: 780-493-7512**

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### **Tenant Service Representative**

Carlo Basilan  
Tel: 780-392-8790 Email: [cbasilan@aspenproperties.ca](mailto:cbasilan@aspenproperties.ca)

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### **Tenant Services**

Tel: 310-GoAP Email: [service@goaspen.ca](mailto:service@goaspen.ca) [www.goaspen.ca](http://www.goaspen.ca)

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### **Morley Barr – Senior Director, Property Management & Operations**

Tel: 780-442-3105 Email: [mbarr@aspenproperties.ca](mailto:mbarr@aspenproperties.ca)

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### **Valerie Sosnowski – Property Manager**

Tel: 780-442-3101 Email: [vsosnowski@aspenproperties.ca](mailto:vsosnowski@aspenproperties.ca)

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### **Lindsay Schrader – Assistant Property Manager**

Tel: 780-442-3104 Email: [lschrader@aspenproperties.ca](mailto:lschrader@aspenproperties.ca)

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### **Gabby Lacombe – Property Administrator**

Tel: 780-442-3103 Email: [glacombe@aspenproperties.ca](mailto:glacombe@aspenproperties.ca)

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### **Ana Pereira – Receptionist / Administrative Assistant**

Tel: 780-442-3100 Email: [apereira@aspenproperties.ca](mailto:apereira@aspenproperties.ca)

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### **Jerome Mensink – Operations Supervisor**

Tel: 780-392-8792 Email: [jmensink@aspenproperties.ca](mailto:jmensink@aspenproperties.ca)

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### **Cristina Moore – Project Accountant**

Tel: 403-216-2660 Email: [cmoore@aspenproperties.ca](mailto:cmoore@aspenproperties.ca)

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### **Brett Koroluk – Leasing Manager**

Tel: 780-442-3102 Email: [bkoroluk@aspenproperties.ca](mailto:bkoroluk@aspenproperties.ca)

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### **Rob Blackwell – Senior Vice President, Investments & Asset Management**

Tel: 403-216-2660 Email: [rblackwell@aspenproperties.ca](mailto:rblackwell@aspenproperties.ca)

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## **BUILDING INFORMATION**

### **Aspen Service (310•GoAP)**

All building maintenance issues should be reported through Aspen Service.

Aspen Service is an innovative service hub where customer service agents will take ownership of each call, manage requests, dispatch work orders, escalate emergency situations and handle comments and questions.

By Telephone: 310-GoAP (310-4627)  
Out of Alberta: 1-866-91-ASPEN (1-866-912-7736)  
By Fax: 604-628-5971  
By Email: [service@goaspen.ca](mailto:service@goaspen.ca)  
Online: [www.goaspen.ca](http://www.goaspen.ca)

### **Building Entrance Hours**

Monday to Friday: 6:30 am to 6:00 pm

After-hours access can be gained to the building by Building Access Card.

**Please note: Building staff will not unlock or provide access to tenant premises.**

### **Security**

24 hours a day, 7 days a week.  
Telephone: 780-493-7512

### **Building Access Cards**

Security access cards are required to access the building after hours and to access the parkade.

One card per employee will be provided at a cost of \$10.00 plus GST at move in. Please completed the Access Card Request form by clicking [here](#).

Additional cards must be requested through our Aspen Service (310•GoAP).  
A \$8.70 fee + 15% administration fee and GST will be charged for each replacement cards.

### **HVAC (Heating and Cooling)**

HVAC hours are Monday to Friday 6:00 am to 6:00 pm  
(When outside temperature reaches -15 degrees, HVAC operates on a 24 hour cycle.)

Additional HVAC hours available by request at an additional charge. [www.goaspen.ca](http://www.goaspen.ca)

## Elevators

Elevators are one of our safest modes of transportation. However, they do occasionally malfunction. We advise any tenant who becomes trapped in an elevator to sit on the floor of the car. Use the telephone for communication with the 24 hour contact and push the Emergency Button to alert Schindler Elevator Service.

### WHAT TO DO IN SUCH AN EMERGENCY

- Open the telephone panel.
- Push emergency button and await response from the constantly supervised telephone service.
- Give the operator your name and the building location.
- Do not try to force open the elevator doors or leave the elevator if it is not level with the floor.

### THIS IS WHAT HAPPENS

- The call will automatically go to Schindler Elevator Service and a technician will be dispatched.
- Schindler will notify Aspen Properties of the entrapment.
- Aspen will ensure prompt attention to the individuals in the trapped elevator.

## Freight Elevator

Freight elevators **must be booked one full day in advance**. If security is required, please provide one week's notice. Additional charges will apply for security. Please contact Aspen Service to book the freight elevator. [www.goaspen.ca](http://www.goaspen.ca)

The freight elevator is available for **delivery use** during the following hours:

Monday to Friday: 8:00 am to 12:00 noon  
1:00 pm to 6:00 pm

For tenants **moving in or out** of the building, the freight elevator is available for use during the following times, subject to the tenant arranging for security at the tenant's expense:

Monday to Friday: 6:00 pm to 7:00 am

Weekends: Any time

Tenants are reminded that only the freight elevator and not the passenger elevators are to be used for moving furniture, large or heavy objects.

The dimensions of the freight elevator are as follows:

Freight elevator door: 7 feet tall and 48 inches wide

Interior Freight Cab Dimensions: 125 inches tall, 62 inches wide, 92 long

Weight Capacity: 2,070KG

## **BUILDING AMENITIES**

### **Underground Parking**

The Parkade is managed by Impark. For information on parking spaces please contact Impark at 780-420-1976 or visit them online at [www.Impark.com](http://www.Impark.com)

### **Aspen Bicycle Centre**

The Bicycle Centre is located in the loading dock area of Bell Tower and has room for 45 bikes. It is equipped with hanging bike racks, a bike wash station and tools for simple bike repairs. Access to showers and towel service is available in the fitness facility located on the 3<sup>rd</sup> floor.

The space is accessed by card access. Only people registered to use this bicycle centre will have access and the center will be monitored by video surveillance. Registration is on a first come basis and a one-time \$50.00 deposit is required to secure a spot in this location.

For information on bicycle centre please contact Gabby at [glacombe@aspenproperties.ca](mailto:glacombe@aspenproperties.ca).

### **Aspen Conference Centre**

The Aspen Conference Centre provides comfortable, convenient, and professional meeting room facilities exclusively to tenants of Bell Tower and MNP Tower. Conveniently located on the 2<sup>nd</sup> floor of Bell Tower, the Centre provides three large boardrooms which can accommodate between 14 to 22 people.

To be set up on our online booking system, please contact our Management office at 780•442•3100 or [edmontonreception@aspenproperties.ca](mailto:edmontonreception@aspenproperties.ca).



## Jackson's Gym

Jackson's Gym is located on the 3<sup>rd</sup> floor in Bell Tower and is for the complimentary use of Bell, Stantec & MNP Tower Tenants. The gym totals 5500sq ft, and includes a 900 sq ft studio, state of the art equipment, and change rooms complete with showers and towel service. Elevator access to the 3<sup>rd</sup> floor as well as the doors to the gym will be secure and accessed by key card only.

**Hours of Operation are 6am-7pm Monday- Friday, Saturdays 9am-4pm  
Closed on Sundays and Statutory Holidays.**

For tenants who wish to use the facility please fill out forms located online by clicking [here](#). Please return signed forms via email to [edmontonreception@aspenproperties.ca](mailto:edmontonreception@aspenproperties.ca)

*Jackson's Gym was first opened by George Jackson, a retired Army Sergeant originally from Britain, on April 1, 1923. It is the oldest private fitness club in Canada and currently has a modest private facility operating on the 28<sup>th</sup> floor of MNP Tower. Ron Assaly, a long time tenant of MNP Tower and the caretaker of the original Jackson's Gym, has been gracious enough to pass the name onto Aspen Properties. "I am delighted the gym's name will be preserved," says Assaly.*





# **ENVIRONMENTAL INITIATIVES**

## **Recycle and Minimize Waste**

Aspen Properties wants to encourage tenants to reduce, reuse, recycle and recover where possible. We can make a positive impact by managing our waste stream effectively.

Our recycling program is a user friendly way to give you more opportunities to become effective recyclers. All you need to do is place all recyclable materials in the one or two containers. This simple act will help all of us achieve the goal of eliminating recyclable paper fibre from the landfill.

If you require blue recycling bins, please make your request through the Aspen Service Center: [www.goaspen.ca](http://www.goaspen.ca)

### **Paper & Cardboard**

<b>Acceptable Recyclable Materials</b>	
<ul style="list-style-type: none"> <li>▪ All coloured and white paper</li> <li>▪ Bond or photocopy paper</li> <li>▪ Glossy paper</li> <li>▪ Cash register tape</li> <li>▪ Computer paper</li> <li>▪ Envelopes with or without windows</li> <li>▪ Flyers, junk mail &amp; Forms</li> <li>▪ Newspapers &amp; magazines</li> <li>▪ Paper packaging material</li> <li>▪ Post-It™</li> </ul>	<ul style="list-style-type: none"> <li>▪ Staples and paper clips (on documents)</li> <li>▪ Facsimile paper</li> <li>▪ Letters, envelopes, greeting cards</li> <li>▪ Brochures, paper bags, non-foil gift wrap</li> <li>▪ Paper egg cartons, paperbacks</li> <li>▪ Cardboard boxes (flatten)</li> <li>▪ Pizza boxes (remove the greasy layer)</li> <li>▪ Microwave Dinner Packaging</li> <li>▪ Cereal Boxes &amp; Coffee Cups</li> <li>▪ Milk Cartons (rinse with cold water and flatten)</li> </ul>

The City of Edmonton requests that shredded paper is taken to a Recycling Depot and placed in the low grade paper bin or placed in your garbage. Non-acceptable recycling items are Styrofoam.

### **Plastic**

<b>Acceptable Recyclable Materials</b>	
<ul style="list-style-type: none"> <li>▪ Household cleaner bottles</li> <li>▪ Plastic Bottles &amp; Containers                             <ul style="list-style-type: none"> <li>○ Shampoo &amp; Personal Care Products</li> <li>○ Detergent</li> <li>○ Margarine &amp; Yogurt, etc.</li> </ul> </li> <li>▪ Plastic Plant Pots &amp; Pails</li> <li>▪ Clear Clam Shell Containers</li> </ul>	<ul style="list-style-type: none"> <li>▪ Plastic Bags                             <ul style="list-style-type: none"> <li>○ Grocery &amp; Bread Bags</li> <li>○ Dry Cleaning Bags</li> </ul> </li> <li>▪ Vitamin Bottles</li> <li>▪ Shrink Wrap</li> <li>▪ Tetra Packs</li> <li>▪ Pop &amp; Beverage Bottles</li> </ul>

### **Metal**

<b>Acceptable Recyclable Materials</b>	
<ul style="list-style-type: none"> <li>▪ Metal Food Cans</li> <li>▪ Tin Cans                             <ul style="list-style-type: none"> <li>○ Soup &amp; Juice, etc.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Aluminum Containers – Pie Plates</li> <li>▪ Aluminum Cans – Beverages</li> <li>▪ Non-Hazardous Aerosol Cans</li> </ul>

### **Glass**

<b>Acceptable Recyclable Materials</b>	
<ul style="list-style-type: none"> <li>▪ Jars – Pickle, Jam, etc.</li> <li>▪ Steel Cans</li> </ul>	<ul style="list-style-type: none"> <li>▪ Bottles – Ketchup, Beverages, etc.</li> </ul>

## Beverage Containers

We encourage all tenants to implement their own beverage container recycling program. Over 90% of beverage containers have a value-attached deposit which will be beneficial to recover.

## Reduce, Re-use, Recycle

- Use both sides of paper before recycling.
- Bind waste paper into scratch pads.
- Reduce the number and size of waste baskets.
- Re-use packaging materials.
- Use email whenever possible.
- Always photocopy on both sides.
- Ensure that everyone knows how to use the printer and photocopier to avoid waste.
- Donate items to charities (e.g. furniture, computer hardware, cell phones).

## Specialty Waste

eCycle Solutions Inc. is an approved Alberta Recycling approved eWaste processor with state of the art technology that exceeds all environmental, health, and safety regulations legislated by provincial and federal governments related to the storage and handling of recycled electronics.

Recycling of your electronics is easy and can be done right in the Tower loading dock area; all you have to do is bring your outdated equipment to the loading dock area and put them in the cages provided.

Contact Carlo at the Security Desk 780-392-8790 or [cbasilan@aspenproperties.ca](mailto:cbasilan@aspenproperties.ca) for further directions.

## Electronics Accepted for Recycling

eCycle Solutions recycles the equipment listed below at no charge.

<ul style="list-style-type: none"><li>• Personal Computers</li><li>• Personal Computers Components</li><li>• Personal Computer Peripherals:<ul style="list-style-type: none"><li>○ Keyboards</li><li>○ Mice</li><li>○ Cables</li><li>○ Speakers</li></ul></li><li>• Laptop Computers</li><li>• Notebook Computers</li><li>• Servers</li></ul>	<ul style="list-style-type: none"><li>• Desktop Printers</li><li>• Printer Combination Units</li><li>• Fax Combination Machines</li><li>• Computer Monitors (CRT)</li><li>• Computer Monitors (LCD)</li><li>• Televisions- wood console</li><li>• Televisions – Televisions (CRT)</li><li>• Televisions – Flat Screen</li><li>• Rear Projection Televisions</li><li>• Cell Phones</li></ul>
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## Reducing Energy

Plug loads are one of the fastest growing sources of energy use in commercial buildings today. Plug loads are any devices that plug into a building's electrical system. If you have devices that are not being used, simply unplug the unused devices or make sure they're turned off.

### A 5-Step process for plug load reduction:

1. **Review.** Identify your needs, inventory your equipment and focus on the devices that use the most energy--usually, that's the equipment you use the most.
2. **Remove.** Eliminate or unplug unnecessary devices.
3. **Replace.** When it's time to replace, purchase the most energy-efficient devices for the job.
4. **Reduce.** Turn it off or power it down when not in use.
5. **Retrain.** Engage staff. Make sure they understand why, when and how to power down.

## Safe Flight Program

Each year in Canada, approximately 10 million night-migrating birds needlessly meet their death by colliding with office towers and tall structures. Confused by artificial light and unable to see glass, these birds fall victim particularly during peak migration seasons. As part of an initiative to help reduce the number of migratory bird casualties in urban centres, Aspen Properties is asking for your participation in the "Safe Flight" Program. We ask each of our Tenants to join us in this effort by complying with the following procedures:

- During peak migration seasons, which occur between April and June in spring, and August and October in fall, please ensure that your office task lighting is out from "dusk to dawn".
- During migration season, draw down your blinds to help deter birds from colliding with windows.
- Encourage your staff to remove plants that are directly in front of windows.
- Encourage your staff to use internal office space when working late.

For further information on this program and the success it's attaining in downtown cores across North America, visit the website at [www.flap.org](http://www.flap.org).

# Tenant Contact Information

Complete this form online by clicking [here](#).

**Company Name:** \_\_\_\_\_ **Building:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Mail Box #:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Legal Notice Address:** \_\_\_\_\_

**Billing Address:** \_\_\_\_\_

**Other Locations:** \_\_\_\_\_

## **Senior Executive Officers** *(President, C.F.O, C.O.O)*

1 **Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Title:** \_\_\_\_\_ **Email:** \_\_\_\_\_

2 **Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Title:** \_\_\_\_\_ **Email:** \_\_\_\_\_

3 **Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Title:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## **After Hours Emergency Contacts** *(This information will only be used in the event of an emergency.)*

1 **Name:** \_\_\_\_\_ **Cell:** \_\_\_\_\_ **Home:** \_\_\_\_\_

**Title:** \_\_\_\_\_ **Email:** \_\_\_\_\_

2 **Name:** \_\_\_\_\_ **Cell:** \_\_\_\_\_ **Home:** \_\_\_\_\_

**Title:** \_\_\_\_\_ **Email:** \_\_\_\_\_

3 **Name:** \_\_\_\_\_ **Cell:** \_\_\_\_\_ **Home:** \_\_\_\_\_

**Title:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## **Tenant Office Contact** *(Contact who receives all building related Memos, Newsletters and other correspondence)*

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Title:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Tenant Legal Signing Authority:** *(Executive responsible for executing legal documentation)*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

**Tenant Accounting Contact** *(Contact responsible for Accounts Payable)*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

**Life Safety Contact** *(First Aid & CPR Training)*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

**Fire Wardens** *(minimum 2 per office, per floor)*

1 Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

2 Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

(Additional Floor)

1 Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

2 Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

**Power/Water Shutdown Notifications**

*(This information assists us in ensuring that the appropriate parties receive power and water shutdown notices.)*

1 Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

2 Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Title: \_\_\_\_\_ Email: \_\_\_\_\_

Completed by: \_\_\_\_\_ Date: \_\_\_\_\_

Please return this form by mail, email, or fax to:

Aspen Properties Ltd.  
#200, 10104 – 103 Avenue  
Edmonton, Alberta T5J 0H8  
Email: [edmontonreception@aspenproperties.ca](mailto:edmontonreception@aspenproperties.ca)  
Phone: 780-442-3100 Fax: 780-442-3106



## **EVACUATION PROCEDURES FOR ALL OCCUPANTS**

1. Be aware of the evacuation plan and location of exits from your floor area. There are two exits off of each floor in the office tower and both lead into completely separate stairwells allowing you to cross-over at floor levels to the alternate exit should the one that you are proceeding down be obstructed by smoke or debris. Exits on cross-over floors are clearly marked and are never locked.
2. Know who your Fire Wardens are and follow their instructions.
3. During an emergency or evacuation:
  - a. Do not use the elevators
  - b. Walk quickly but do not run to the nearest stairwell
  - c. Do not return to your workstations to collect your belongings
  - d. Do not enter the parkade or attempt to retrieve your vehicle or belongings
  - e. Do not use your mobile device
  - f. Hold the handrail while going downstairs
  - g. Do not turn back on the stairwell at any time for any reason
  - h. Do not smoke in the building
  - i. Do not take beverages with you
  - j. Do not attempt to get through an unsafe stairwell, use an alternate stairwell
  - k. Refrain from speaking in the stairwells
  - l. Never proceed upstairs to the roof, as rescue will be impossible from that location
  - m. Proceed immediately to the designated muster point  
(Impark Parking Lot. Across 101 Street, North of 103 avenue)
  - n. Keep all entrances and exits to the building clear
4. Persons requiring assistance must ensure the Tenant Fire Warden is aware of their presence and proceed to the elevator lobby and wait for the Fire Department. In the event of immediate danger, move to the stairwell landing or next cross-over floor (5, 9, 12, 16, 20, 24, 26 and 28) and wait for the Fire Department.
5. Do not stop evacuation. If alarm stops, continue evacuation until receiving the “All Clear” from Building Management at the muster point.
6. Upon reaching the main floor, please exit the building via the east, south or west exit and congregate to the muster point.
7. Please ensure that all Fire Wardens have checked in with Building Management at the muster point.
8. In the event of an evacuation during inclement weather, please follow all mandatory evacuation procedures (ie. muster point check-in) and proceed to MNP Tower (10235 – 101 Street) to stay dry and warm.
9. Wait for the “all clear” signal/flag from the Police, the Fire Department or the Building Management.
10. Updates will be provided in a timely manner and as information becomes available.
11. Any person refusing to vacate a floor during an alarm condition will be reported to the Fire Department and may face criminal charges or a fine in the event of a real emergency situation.

## **FIRE ALARM SYSTEM**

The system installed in the tower is a two stage audio based system. The new system uses speakers to advise the occupants of a fire emergency. When the system receives an alarm condition the ALERT message below will be heard over the speaker system.

The Aspen maintenance team will be responding to the possible fire condition. The system will automatically advise the Edmonton Fire Department. In the event that a fire condition is present Aspen maintenance will activate the EVACUATION message over the speaker system. When this message is heard you are to leave the building by following the message instructions.

You are not to return to the building until advised to do so. The ALL CLEAR message will be heard over the fire alarm speakers when the building is safe to be occupied again. An Aspen representative will be alerted by Radio and the ALL CLEAR message will be communicated to all building occupants at the muster point.

For your safety and that of your co-workers, please review the three messages: ALERT, EVACUATION and ALL CLEAR.

1) **ALERT MESSAGE: BE READY TO LEAVE**

“Chime...Chime...Chime...Attention...Attention...there has been a fire alarm reported in the building. Please stand by for further instructions.”

2) **EVACUATION MESSAGE: LEAVE THE BUILDING**

“Hi Tone...Hi Tone...Hi Tone...Attention ...Attention... Attention... there has been a fire alarm reported in the building. You are to leave the building by the nearest exit or exit stairway, Do not use the elevators. Walk to the nearest stairway, do not use the elevators. Walk to the nearest stairway....Hi Tone...Hi Tone”

3) **ALL CLEAR MESSAGE: SAFE TO RETURN**

“Attention, Your Attention please. The building emergency condition has been cleared, you may return to your normal work activities. The building emergency condition has been cleared, you may return to your normal work activities.”

## **PROCEDURES FOR PERSONS REQUIRING ASSISTANCE**

Cardiac patients, disabled people, pregnant women and people with injuries are all examples of people who may require assistance.

1. People requiring assistance must ensure their Fire Warden is aware of their condition before a building evacuation.
2. Fire Wardens must ensure that Building Management is aware of any person normally working in their area who will need assistance in the case of an evacuation. To provide current information on individuals requiring assistance, please complete and email the following form to [edmonton\\_reception@aspenproperties.ca](mailto:edmonton_reception@aspenproperties.ca)
3. All persons requiring assistance should have an Assistance Monitor. Assistance Monitors and the person they will assist should agree beforehand on how they will evacuate down the stairwells if the need arises.
4. If an unlisted person requiring assistance is present in your area, the Fire Warden will enlist as many persons as necessary to assist. The Fire Warden will notify the muster point check-in personnel of the presence of a person needing assistance.
5. Persons requiring assistance should:
  - (i) If there **is no** immediate danger, proceed to the elevator lobby and wait for the Fire Department.
  - (ii) If there **is** immediate danger, move to the stairwell landing or next cross-over floor (5, 9, 12, 16, 20, 24, 26 and 28) and wait for the Fire Department.
6. If the personal safety of the person dictates, they may wait on a landing in the stair shaft rather than descending to a lower level. Assistant Monitors should stay with the person in case further relocation is necessary.
7. The Fire Department will escort persons requiring assistance down in the elevator, **ONLY** if the Fire Department feels that your designated area is not fully safe.

**Please keep Aspen Properties aware of any changes to persons requiring assistance within your space by emailing the following form to [edmontonreception@aspenproperties.ca](mailto:edmontonreception@aspenproperties.ca) or completing it online by clicking [here](#).**



# Individuals Requiring Assistance

Complete this form online by clicking [here](#).

Company Name: \_\_\_\_\_

Building: \_\_\_\_\_

Suite #: \_\_\_\_\_

Fire Warden: \_\_\_\_\_

Floor: \_\_\_\_\_

Fire Warden: \_\_\_\_\_

Floor: \_\_\_\_\_

Fire Warden: \_\_\_\_\_

Floor: \_\_\_\_\_

Fire Warden: \_\_\_\_\_

Floor: \_\_\_\_\_

Suite #	Name of Individual Requiring Assistance	Name of Assistant Monitor (if applicable)

Dated: \_\_\_\_\_

Please return this form by mail, email, or fax to:

Aspen Properties Ltd.  
#200, 10104 – 103 Avenue  
Edmonton, Alberta T5J 0H8  
Email: [edmontonreception@aspenproperties.ca](mailto:edmontonreception@aspenproperties.ca)  
Phone: 780-442-3100 Fax: 780-442-3106



# **GENERAL EMERGENCY PROCEDURES**

## **In Case of Fire**

1. Operate the nearest fire alarm pull station.
2. Evacuate the area and leave the building in an orderly manner.
3. Attempts may be made to put out small Class “A, B, or C” fires with available extinguishers; this should only be attempted in pairs (if possible).
4. Do not use elevators as they will be disabled.
5. The Edmonton Fire Department will be notified by our monitoring company as soon as the fire alarm pull station is activated.

## **Fire Exits**

Stairwells	Located adjacent to the washrooms on each floor. <a href="#">Blue Stairwells</a> – Exits to Main Floor Lobby <a href="#">Green Stairwells</a> - Exits to Main Floor Lobby
Main Floor Lobby	Exit through East, West or South Doors
Parkade Levels	Exits to Main Floor Lobby.

Proceed to Muster Point once you have exited the building

## **Fire Alarm Pull Stations**

Fire alarm pull stations and extinguishers are located on either side of the elevator cores. Each floor is equipped with a red manual pull alarm and a dry chemical extinguisher. This extinguisher is utilized to fight small fires only of a Class “A, B, C” type (paper, wood, textiles, flammable liquids, and flammable gas).

## **Muster Point**

The muster point for Bell Tower is the Impark parking lot located across 101 Street and on the north side of 103 Avenue. Persons should ensure that they move into the parking lot and keep away from the main road (103 Avenue). In the event of an evacuation during inclement weather, please follow all mandatory evacuation procedures (i.e. Muster point check-in) and proceed to MNP Tower (10235 – 101 Street) to stay dry and warm.

## **Cross-Over Floors**

The following floors can be used to enter an alternate stairwell in the event of an obstructed or slow moving stairwell: 5, 9, 12, 16, 20, 24, 26 and 28.

## Medical Emergency

In case of a medical emergency, employees should perform the following actions:

1. Call 911 and give the following information:
  - a. Building address (10104 – 103 Avenue)
  - b. Nearest known cross-streets (101 Street and 103 Avenue)
  - c. Location within the building (floor number and suite number)
  - d. Nature of the emergency
  - e. Victims location
  - f. Victims general condition
  - g. Your call back phone number
2. Do not hang up until the dispatcher does so.
3. Render assistance, if qualified to do so.
4. Notify 24 Hour Security of the medical emergency at 780•493•7512.
5. Send a staff member to the main building entrance to meet the paramedics, forward all applicable information to them, and then escort them to the victim.
6. Notify immediate family members of the person suffering a medical emergency, and provide all necessary information including situation details, hospital location, and state of individual.

## Bomb Threat

Upon receiving a bomb threat follow these steps:

1. **DO NOT** hang up the phone (the telephone company may be able to trace the call, even if the other party hangs up).
2. Record all pertinent information:
  - a. What time will the bomb explode?
  - b. Where is it located?
  - c. What kind of bomb is it?
  - d. What will cause it to explode?
  - e. What does it look like?
  - f. Where are you calling from?
  - g. Why did you place the bomb?
  - h. What is your name?
3. Report the incident to your Warden, and 24 Hour Security by calling 780•493•7512.
4. **DO NOT** inform any other persons other than your Fire Warden, Building Management, and security of the threat.

## Bio-Terrorism (Suspicious Package)

Should you open a package and see an unknown substance:

1. **DO NOT** try to clean up the material.
2. **DO NOT** do anything to create a dust cloud involving the material.
3. If possible and safe to do so, gently cover the material providing it is in dry powder form (not liquid) and small enough that covering it will not create a dust cloud (no larger than an envelope).
4. Ensure that persons directly exposed by touch or inhalation of the substance remain where they are until cleared by authorities. Encourage these people not to come into contact with others.
5. Prevent others from entering the area and, if you have been exposed to the material wash your hands with soap and water.
6. Call 911 immediately and provide:
  - a. Building Address (10104 – 103 Avenue)
  - b. Nearest known cross-streets (101 Street and 103 Avenue)
  - c. The floor of the building you are calling from
  - d. The suite number you are calling from
  - e. Advise 911 operator of any victims that have collapsed or are collapsing to alert emergency personnel to judge the best way of entering the building.
  - f. Ensure that all nonessential people are kept at a safe distance from spilled or exposed substances
7. Call 24 Hour Security at 780•493•7512.
8. Notify your manager or supervisor.
9. Follow any instructions given by authorities and/or Building Management upon their arrival.

## Personal Violence

When dealing with a violent occupant, the police shall be notified immediately by dialing 911.

If the intruder has a firearm, clear the immediate area of all staff and occupants.

If the intruder does not have a firearm, but is displaying violent behavior, the building management shall be in charge of directing personnel prior to the police arrival. The following general guidelines should apply:

1. Clear the area of non-essential staff and occupants.
2. Allow the acutely agitated individual space that is five times greater than that for an individual who is in control.
3. Use touch only if you know the person well and they do not withdraw from your touch.
4. Convey empathy by acknowledging the individuals feelings. Make eye contact and look friendly. Your mood is contagious.
5. Never approach a violent individual alone or approach unexpectedly from behind.
6. The presence of three to four staff members may be enough to reassure the individual that you will not let him lose control.
7. Give simple, positive directions (ex. "Stop"). Repeat phrase over with calm, slow voice pattern.
8. Give individual control by offering him alternatives (ex. Walking, talking).
9. Set limits.
10. If assault is imminent, quick coordinated action is essential. Step in step-stance so you can move out of the way quickly.
11. Approach individual in a calm, self-assured manner so as not to communicate your anxiety or fear. Maintain calm, flexible attitude.
12. Attempt to calm the person without risking bodily harm to yourself.
13. Ensure protection for yourself and your staff (ex. Door nearby for withdrawal).
14. Utilize restraint, if needed.

## **Riot or Public Disturbance**

1. Lock office doors.
2. Keep main office phone lines clear of unnecessary phone traffic.
3. Do not leave the building unless advised.

## **Fire Prevention**

1. Do not smoke, Bell Tower is a non-smoking building (Bylaw #14614).
2. If your office has a kitchen, keep an eye on coffee machines and kettles. Appoint someone to check that coffee machine burners are turned off at closing time.
3. Clear paper jams from copy machines promptly.
4. Report any defective wall plug or other electrical device to the Aspen Service immediately.
5. Keep the work area clean, especially closets.
6. Have a small, dry chemical extinguisher near all computers and copiers if possible.
7. The use of portable electrical heaters is not permitted. Contact Aspen Service if you have a heating problem.
8. Always close the stairwell doors and if you see one propped open, remove the prop, take it with you, and report it to the Aspen Service.
9. Never allow anyone to bring in flammable liquids, even for cleaning problems. If you have a spill (i.e. copy fluid) call Aspen Service.

# WEATHER RELATED EMERGENCY PROCEDURES

## Severe Weather

In the event of severe weather, please follow these steps:

1. Power down electrical equipment such as computers and photo copiers.
2. Move critical files away from windows and secure in an enclosed room.
3. Get portable radio, if available, and turn to local news station to monitor conditions.
4. Gather up flashlights and give to your Fire Warden.
5. If required to leave your floor space, use the stairwells and not the elevators, in case of a power failure.
6. If road conditions are such that it would be dangerous to travel, make arrangements to stay at a local hotel. If necessary, be prepared to ride out the storm in the building, at the discretion of building management.
7. Keep telephone conversations to a minimum when advising family of your location and intentions for dealing with the storm.
8. Maintain a safe distance from windows and any unsecured objects.
9. If the windows break or it becomes evident that they will break due to high wind velocities, proceed into the exit stairwells for shelter.
10. Notify Wardens of any physical damage or personal injuries.

## Tornado

1. In the event of a tornado, protect yourself by taking cover inside a designated exit stairwell. If you cannot get to a designated stairwell, protect yourself by avoiding exterior walls and windows and taking cover under a sturdy piece of furniture or crouching inside a closet or against a sturdy interior wall.
2. **DO NOT** stand under light fixtures, near bookshelves, beside windows, etc. If possible, predetermine a safe location to take cover, prior to a tornado.
3. **DO NOT** leave cover until the tornado has completely stopped.
4. After the tornado, if you hear the fire alarm, please follow evacuation procedures.

## **OTHER EMERGENCIES**

There are many potential emergency situations that you might encounter. Below are a few examples:

### **Natural Gas leak (Suspected)**

1. Call Aspen Service 780•310•4627 and advise of suspected leak.
2. Site staff will look for the cause of the smell.
3. Should the natural gas leak be confirmed, the fire alarm will be activated and the building will be evacuated.
4. Please follow the evacuation procedures.

### **Natural Gas leak (Certain)**

1. Call the Fire Department at 911 immediately.
2. Call Aspen Service at 780•310•4627 with information.
3. If there is a large leak accompanied by high pressure, please follow the evacuation procedures.

### **Water Leak**

1. Call Aspen Service 780•310•4627 and advise of the leak.
2. Aspen site staff will investigate the situation and proceed with proper maintenance procedures.

### **Break In**

1. If you discover a break-in, do not touch anything.
2. Call the police, notify your supervisor, and 24 Hour Security at 780•493•7512.

### **Acts of Vandalism**

1. If the persons are attempting to damage the exterior of the building, call the Police at 911.
2. If you notice graffiti on the property, please call Aspen Service at 780•310•4627.



# **FIRE WARDENS**

## **Selection of Wardens**

1. Fire Wardens are persons who have volunteered, or have been chosen, to act as control persons in the building in the event of a fire alarm or evacuation.
2. These persons should be assigned in each suite area from tenants normally in the building all day and not necessarily members of management control staff.
3. A minimum of two persons per suite are to be assigned for control purposes. More than two may be desirable depending upon occupant load and size of the unit area.
4. All Wardens should be able to function effectively in a supervisory capacity during emergencies.
5. In the event of a fire alarm all Wardens will wear an orange vest provided by Aspen Properties Ltd.

**Should you require an orange vest, please submit your request through 310•4627 or online at [www.goaspen.ca](http://www.goaspen.ca)**

**Please keep Aspen Properties aware of any changes to your Fire Warden assignments by emailing [edmontonreception@aspenproperties.ca](mailto:edmontonreception@aspenproperties.ca).**

## **Responsibilities of Wardens**

<b>Fire Wardens</b>	
<ul style="list-style-type: none"><li>▪ Must be familiar with fire safety systems in the building (alarm pull stations and fire extinguishers)</li></ul>	<ul style="list-style-type: none"><li>▪ Make themselves known to persons in their area of responsibility including fire wardens in other suites</li></ul>
<ul style="list-style-type: none"><li>▪ Report to the muster point check-in that the suite has been cleared and vacant.</li></ul>	<ul style="list-style-type: none"><li>▪ Must wear an orange vest provided by Aspen Properties</li></ul>
<ul style="list-style-type: none"><li>▪ Report to the muster point check in the individuals left who require assistance. Provide names and location (lobby area or stairwell)</li></ul>	<ul style="list-style-type: none"><li>▪ If safe to do so, ensure that all doors within the office space are closed to prevent fires from spreading and check washrooms, including each stall</li></ul>

## **Procedures for Wardens**

The message to evacuate will be communicated by an evacuation alarm bell, upon hearing the bell, begin evacuation procedures immediately.

1. Start to evacuate and advise coworkers to begin evacuation via the nearest stairwell.
2. The Fire Wardens for individual tenant spaces will search all areas in their space and to ensure all persons have left. The Fire Warden will be the last to leave the area.
3. The Fire Warden will check in with the muster point check-in so it is recorded that your floor has been cleared. Notify the muster point check-in when you have individuals requiring assistance on your floor or if they have been relocated to the crossover floor.
4. During movement in the stairwells, try to restrict conversation and do not permit smoking. If movement in the stairwell is slowed appreciably, re-direct evacuees through a safe floor area to the other stairs.
5. Fire emergency phones are only to be used to pass on pertinent information. Do not use them to try to obtain information.
6. Do not assume the emergency is over if the alarm bells stop ringing. Continue with the evacuation until receiving the "All Clear" by Building Management.

**Please see pages 11 to 16 for additional information.**

**Please note that Fire Wardens may be asked to assist Aspen staff in moving individuals out of and away from the building.**