



FLINT announces the appointment of Katrisha Gibson to its Board of Directors and the release of its 2022 Sustainability Report

Calgary, Alberta (March 27, 2023) – FLINT Corp. ("FLINT" or the "Company") (TSX: FLNT) is pleased to announce the appointment of Katrisha (Trisha) Gibson to its Board of Directors and the release of its inaugural Sustainability Report as part of its ongoing commitment to Environment, Social and Governance ("ESG") matters.

Director Appointment

FLINT is pleased to announce the appointment of Katrisha (Trisha) Gibson to the Board of Directors effective March 27, 2023. "We are delighted to have Trisha join FLINT's Board of Directors, and the entrepreneurial experience she brings to the team. With her comprehensive knowledge of evaluating strategic growth opportunities, Trisha will be valuable in bringing new corporate perspective and insight to the organization," said Sean McMaster, Chairman of the Board.

Ms. Gibson will be joining Factor Gas Liquids, Inc. as President in May 2023. From May 2018 to March 2023, Ms. Gibson was employed by AltaGas Ltd. where she held various positions of increasing responsibility within the midstream operations, including Senior Vice President of Strategy & Innovation. Prior to joining AltaGas, she spent most of her career focused on marketing, operations, and commercial activities at both private and public energy companies. In these organizations, she was instrumental in the delivery of significant EBITDA, the execution of many mergers and acquisitions, the development of global LNG projects and the start-up of a producer-led marketing operation in the United Kingdom. Ms. Gibson attended the University of Calgary, where she graduated with a Bachelor of Commerce degree in marketing.

Sustainability Report

ESG continues to be a key focus area in the everyday operations of FLINT. The 2022 Sustainability Report details the Company's key metrics and achievements from the 2022 calendar year and outlines the basis for its sustainability strategy and commitments for the future.

"We are pleased to release our inaugural Sustainability Report highlighting the ESG-related activities our organization has executed over the past year. FLINT is committed to being a sustainable and contributing member to the communities in which we live and operate. This Sustainability Report represents our commitments to ESG-related initiatives and the key focus areas that will drive our organization's sustainability strategy in the coming years. FLINT is committed to further integrating ESG matters into our business strategy to ensure positive outcomes for our employees, clients and stakeholders," said Barry Card, Chief Executive Officer.

2022 Sustainability Report Highlights:

- Total Recordable Incident Frequency, measured as the number of recordable incidents per 200,000 hours worked, was 0.28 for the year ended December 31, 2022, a decrease of 33% from 2021.

- Commitment to increasing the percentage of women in senior leadership roles to 30% by 2026.
- Commitment to increasing the percentage of women in the workforce to 20% by 2026.
- Over \$2.6 million spent on Indigenous community initiatives.
- Over \$10 million spent with Indigenous suppliers.

A copy of the 2022 Sustainability Report is accessible on our website at www.flintcorp.com.

About FLINT

With a legacy of excellence and experience stretching back more than 100 years, FLINT provides solutions to Industrial markets including: Energy, Petrochemical, Mining, Power, Agriculture, Forestry, Infrastructure and Water Treatment. With offices strategically located across Canada and a dedicated workforce, we provide maintenance, construction, wear technology and environmental services that keep our clients moving forward. For more information about FLINT, please visit www.flintcorp.com or contact:

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Advisory Regarding Forward-Looking Information:

Certain information included in this press release may constitute “forward-looking information” within the meaning of Canadian securities laws. In some cases, forward-looking information can be identified by terminology such as “may”, “will”, “should”, “expect”, “plan”, “anticipate”, “believe”, “estimate”, “predict”, “potential”, “continue” or the negative of these terms or other similar expressions concerning matters that are not historical facts. Specifically, this press release contains forward-looking information relating to: our business plans, strategies and objectives; our objectives regarding environmental, social, and governance matters; and our commitment to increasing the percentage of women in senior leadership roles and in the workforce.

Forward-looking information involves significant risks and uncertainties. A number of factors could cause actual events or results to differ materially from the events and results discussed in the forward-looking information including, but not limited to, compliance with debt covenants, access to credit facilities and other sources of capital for working capital requirements and capital expenditure needs, availability of labour, dependence on key personnel, economic conditions, commodity prices, interest rates, future actions by governmental authorities in response to Covid-19 or another pandemic, regulatory change, weather and risks related to the integration of acquired businesses. These factors should not be considered exhaustive. Risks and uncertainties about FLINT’s business are more fully discussed in FLINT’s disclosure materials, including its annual information form and management’s discussion and analysis of the operating and financial results, filed with the securities regulatory authorities in Canada and available at www.sedar.com. In formulating the forward-looking information, management has assumed that business and economic conditions affecting FLINT will continue substantially in the ordinary course, including, without limitation, with respect to general levels of economic activity, regulations, taxes and interest rates. Although the forward-looking information is based on what management of FLINT consider to be reasonable assumptions based on information currently available to it, there can be no assurance that actual events or results will be consistent with this forward-looking information, and management’s assumptions may prove to be incorrect.

This forward-looking information is made as of the date of this press release, and FLINT does not assume any obligation to update or revise it to reflect new events or circumstances except as required by law. Undue reliance should not be placed on forward-looking information. Forward-looking information is provided for the purpose of providing information about management's current expectations and plans relating to the future. Readers are cautioned that such information may not be appropriate for other purposes. The forward-looking information contained in this press release is expressly qualified by this cautionary statement.