



JULY 2024

TEAM NEWS ISSUE #6

DUSK APARTMENTS



www.highrisemechanical.com.au



[highriseairconditioning](https://www.instagram.com/highriseairconditioning)



WHO ARE WE?

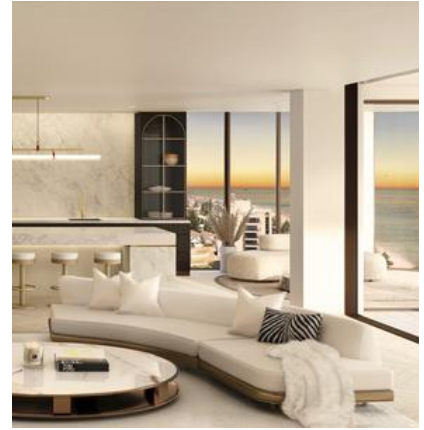


Choosing Highrise for your mechanical service and ventilation needs is a smart decision!

PROJECT FEATURE



NEW 13-LEVEL APARTMENT TOWER FOR ADELAIDE BEACHSIDE



One of South Australia's most popular beachside destinations has become the site of a new luxury 13-level apartment building and Highrise are onboard to take care of all their mechanical and ventilation needs!

DUSK APARTMENTS ADELAIDE

NOTICE BOARD



THIS MONTH, WE CELEBRATE **6 MONTHS** OF OUR
COMPANY NEWSLETTER!



LIVE PROJECTS

- Kings Garden
- Hoddle St
- Dusk Apartments
- Lendlease Altona
- Seddon Square
- UKO Apartments CBD

ACCOUNT PARTNERS



PROCORE



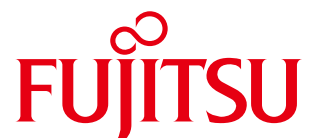
LIVE BUILDERS



SAMSUNG



E.J.B. HOLDINGS



NOTICE BOARD

MEET YOUR NEW TEAM MATE!



NAME: HARLEY

POSITION WITHIN THE COMPANY: APPRENTICE

CURRENT PROJECT/S: SEDDON SQUARE

HOW LONG HAVE YOU BEEN WITH HIGHRISE? 3 WEEKS

WHAT MADE YOU WANT TO BE A MECHANICAL PLUMBER?

THE WIDE VARIETY OF WORK THERE IS WITHIN THE TRADE,
WORKED WITH MY DAD WHO USED TO DO MECHANICAL
PLUMBING AND WAS ALWAYS INTERESTED IN THE WORK

WHATS THE BEST THING ABOUT WORKING AT HIGHRISE?

THE SUPPORT YOU GET FROM THE TEAM AND ALL THE
TECHNIQUES AND SKILLS USED TO MAKE THE WORK EASIER,
THE AMAZING PROJECTS THE COMPANY HAS
WORKED/WORKING ON.

FAVOURITE PLACE TRAVELLED AND WHY? NEW ZEALAND, HAS
AMAZING SCENERY, WILDLIFE, ADVENTURES, ACTIVITIES AND
HEAPS MORE, A BEAUTIFUL PLACE THAT I THINK YOU SHOULD
VISIT ONCE IN YOUR LIFE

HOW MANY BROTHERS OR SISTERS? ONE OLDER SISTER

FAVOURITE SPORTS TEAM? COLLINGWOOD

TOP INTEREST / HOBBIES? MOTORBIKE RIDING

WHAT IS THE ONE THING YOU CANNOT RESIST? KFC

DANGERS & TIPS TO MANAGE FATIGUE



WORKING TIRED CAN BE AS DANGEROUS AS WORKING DRUNK

Fatigue is an acute, ongoing state of tiredness that leads to mental or physical exhaustion. This results in a serious reduction in a person's ability to reason, react, and function.



SIGNS OF FATIGUE

Slowed reflexes, blurred vision, difficulty keeping eyes open, inability to concentrate, irritability, short-term memory loss, micro sleeping, poor judgement, increased errors, constant yawning, and more.



CAUSES OF FATIGUE

Not enough quality sleep due to factors such as sleep disorders, stress, poor diet, low fitness, family responsibilities, excessive social activities, working multiple jobs, long shift, insufficient recovery time and more.



WHAT TO DO ABOUT FATIGUE

Inform your supervisor. (Whether you feel fatigued or you suspect that a coworker is.) Don't rely on drugs to prep you up. Identify the causes of the fatigue and take action to address them.

LADDER

SAFETY

SAFETY
FIRST

**Maintain 3-point contact
when climbing up or down**



Have two hands and one foot or two feet and one hand on the ladder at all times.



Do not carry objects when you are ascending or descending a ladder.



Limit your time on a ladder to avoid fatigue.



Never stand on the top two rungs of a ladder.



Place ladders on stable, flat surfaces that are free of materials that could cause a slip.



DAMAGED LADDERS are to be **REMOVED** from service, repaired or disposed of immediately and **MUST NOT BE USED.**

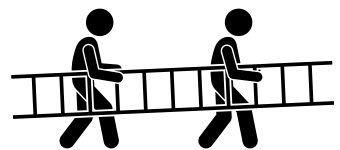
**MONTHLY
SAFETY
FOCUS**



Make sure the ladder is suitable for the job.



Keep your centre of gravity inside the ladder rail at all times.



Use proper lift and carry techniques when moving ladders.



Inspect the Ladder before each use

- ✓ Always face ladder
- ✓ Use both hand
- ✓ Don't overreach
- ✓ One person at a time

- ✓ Use Barricading where required
- ✓ Maintain a firm grip at all times
- ✓ Never use makeshift ladders
- ✓ Select correct sized ladder

FOOTY TIPPING RESULTS

 Peter MURPHY

 Jesse Shep

 Tiprat69

04. JAKE

05. Paul

06. Steve Gleeson

07. ESPNFAN0168456412

08. Adrian

09. Kelvin

10. Charlie79

11. Nathan M

12. Slacik

13. ESPNFAN7916566481

14. Rosa - Highrise

15. Nadeene

16. Laura

17. Nassia

18. Ross

19. MrRizk

20. Lachlan

21. ESPNFAN2656482054

AFL LADDER



Sydney



Brisbane



Fremantle



Bulldogs

\$1,000

CASH PRIZE

WINNER TAKES ALL



Footy Tipping via ESPN FOOTY TIPPING

Download the app or use online

COMP NAME: Highrise Footy Tipping Comp 2024

PASSWORD: Footy123!

