



TEAM NEWS ISSUE #4

MAY 2024
THE BROOKVILLE



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PROJECT FEATURE



Nunawading Christian College



Nunawading Christian College - 3-6 Learning Centre. Major works completed in May 2024 with final commissioning to be complete in early June. This modern two-storey building was designed to promote collaborative and interactive education and facilitate the increased demand for enrolments at NCC.

PROJECTS AWARDED & COMPLETED IN MAY 2024



HODDLE ST - L4 & L6

Additional 2 levels awarded for the office fit out on Hoddle St. Works set to commence in early June 2024.

JOB AWARDED



FDC OFFICE - L2

Additional level awarded for the FDC office fit out in Docklands. Works set to commence in early June 2024.

JOB AWARDED

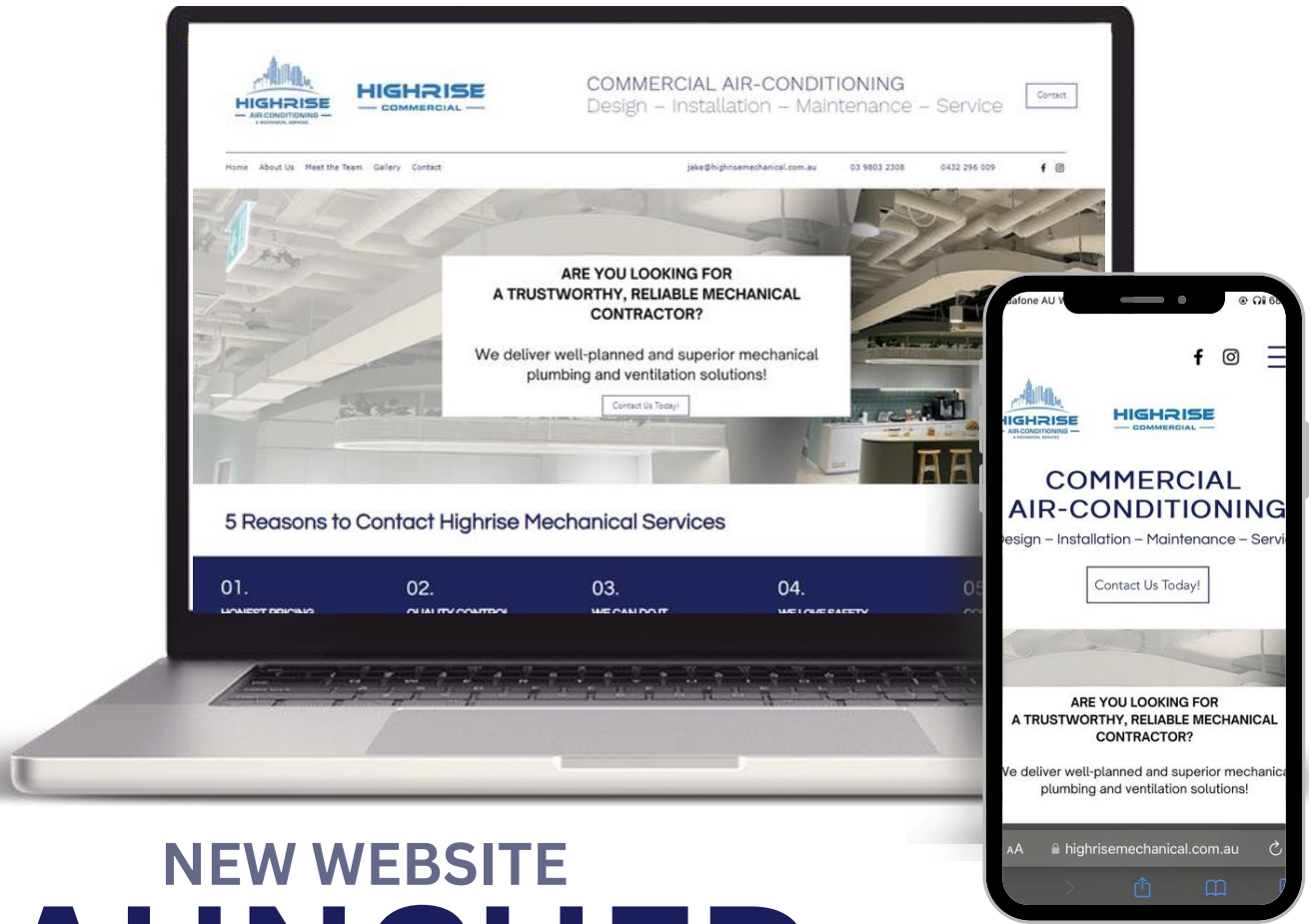


PASCOE VALE

3 level multi-use development (retail outlet, medical practice & penthouse suite) completed in May 2024.

JOB COMPLETED

NOTICE BOARD



NEW WEBSITE LAUNCHED

www.highrisemechanical.com.au

LIVE PROJECTS

- Brookville
- Hoddle St
- Lendlease Altona
- Seddon Square
- Smile Avenue Cranbourne
- UKO Apartments CBD

LIVE BUILDERS



LORDEN
VELLA.



E.J.B. HOLDINGS



NOTICE BOARD



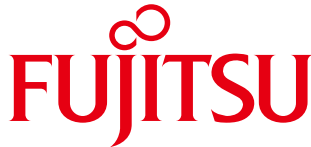
ACCOUNT PARTNERS



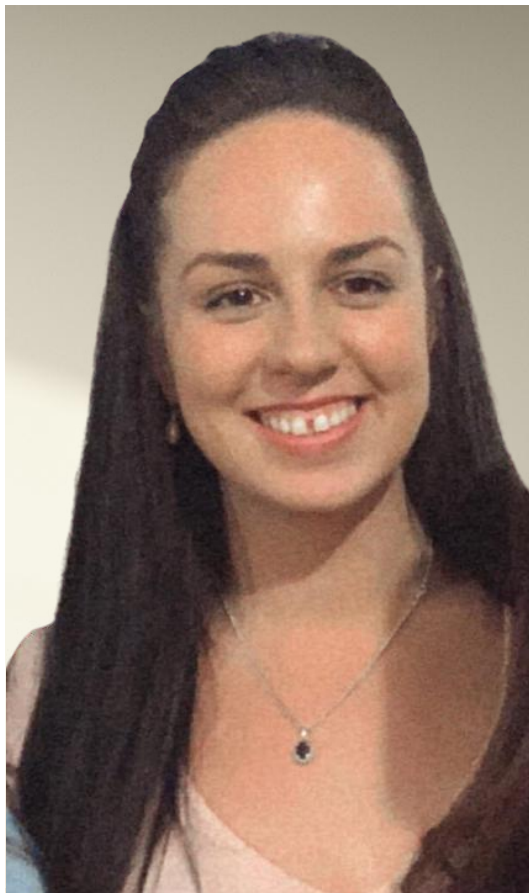
PROCORE



SAMSUNG



BIRTHDAY QUESTIONNAIRE!



NAME: ROSA ROBINS

BIRTHDAY: 04 JUNE

POSITION WITHIN THE COMPANY: PROJECT SUPPORT

CURRENT PROJECT/S: ADMIN / REMOTE OFFICE SUPPORT

HOW LONG HAVE YOU BEEN WITH HIGHRISE? 3 MONTHS

WHATS THE BEST THING ABOUT WORKING AT HIGHRISE?

THE FLEXIBILITY TO WORK REMOTELY WITH A BALANCE OF WORK I ENJOY DOING. HIGHRISE ALSO HAS SO MUCH VISION AND POTENTIAL ITS EXCITING TO BE A PART OF.

WHAT JOB DID YOU HAVE IN HIGH SCHOOL? WORKED IN A SPORTS STORE, RED ROOSTER AND A FUNCTION CENTRE.

FAVOURITE PLACE TRAVELLED AND WHY? IRAN, WENT IN MY EARLY TEENS, WAS AN INTENSE BUT AWESOME EXPERIENCE.

TOP INTEREST? MMA / KRAV MAGA

WHERE DID YOU GROW UP? ON A HOBBY FARM NEAR TAMWORTH NSW (THE COUNTRY MUSIC CAPITAL OF AUSTRALIA 🐎🎸)

WHAT IS YOUR BIGGEST GUILTY PLEASURE? WATCHING GOLDEN BUZZER & SUCCESS MOMENTS ON AGT (AND THE LIKE) 🍷

SAFE MANUAL HANDLING



DON'T BEND FORWARD > 20°



DON'T BEND BACKWARD > 5°



DON'T TWIST > 20°



DON'T TWIST & BEND FORWARD > 20°



DON'T TILT > 20°



DON'T REACH > 20°



DON'T JUMP

PLAN YOUR LIFT

Ensure the object is light enough to lift, steady, and unlikely to shift or move.

THERE IS A DIFFERENCE BETWEEN WHAT YOU CAN LIFT, AND WHAT YOU CAN LIFT SAFELY

**KNOW
YOUR
LIMITS**

**TIGHTEN your abs
LIFT with your LEGS**

Keep your back STRAIGHT

HOLD the object at waist level

Keep the object CLOSE to the body



Ask for help and use two people to carry heavy loads
DO NOT stack above head height or **BLOCK** your view
AVOID lifting overhead or from below knee height
Don't BEND or TWIST while you are lifting or carrying
REDUCE the size of the load and **USE** lifting aids where possible

ASSESS your task FIRST
Plan your route in ADVANCE

FOOTY TIPPING RESULTS

- 1 Tiprat69
- 2 Steve Gleeson
- 3 Rosa - Highrise

04. JAKE
05. Paul
06. Jesse Shep
07. Peter MURPHY
08. Kelvin
09. Charlie79
10. Adrian
11. ESPNFAN0168456412
12. Nadeene
13. ESPNFAN7916566481
14. Nassia
15. Nathan M
16. Slacik
17. Laura
18. MrRizk
19. Ross
20. Lachlan
21. ESPNFAN2656482054

AFL LADDER



Sydney



Essendon



Port Adelaide



Carlton

\$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!

