

TEAM NEWS

February 2025



[highrise.airconditioning](https://www.instagram.com/highrise.airconditioning)



[Highrise Mechanical Services](https://www.linkedin.com/company/highrise-mechanical-services)



[highrisemechanical.com.au](https://www.highrisemechanical.com.au)



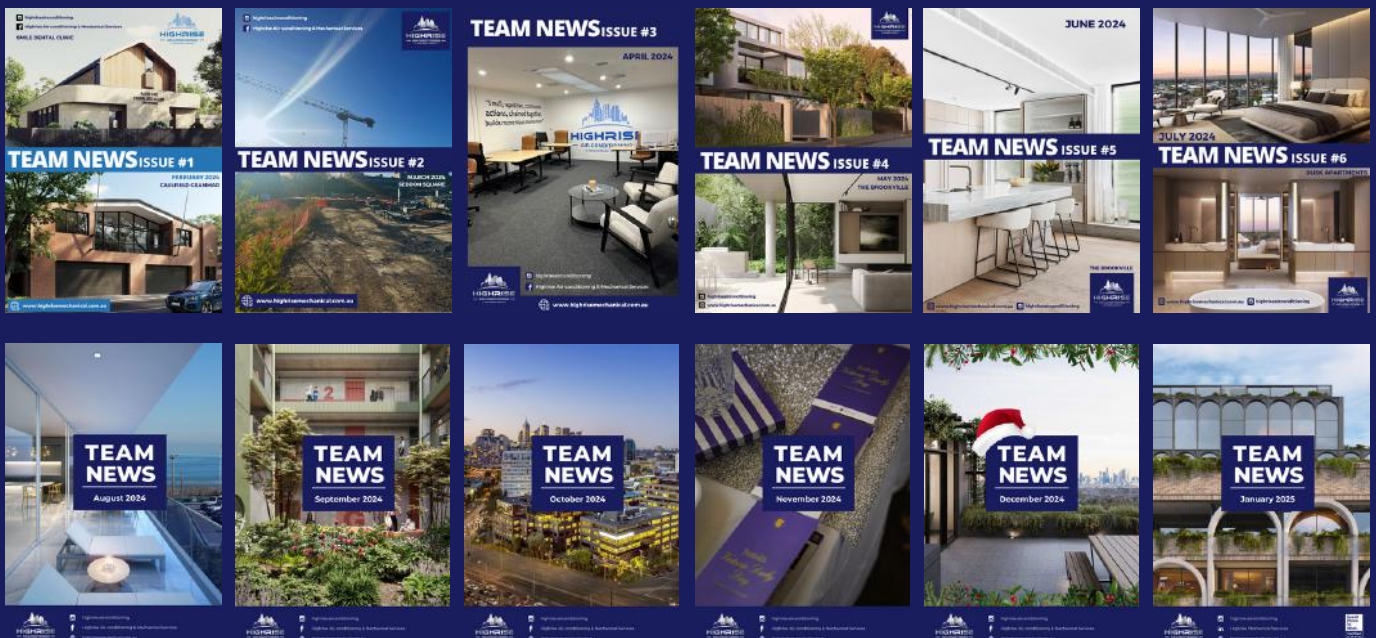


HIGHRISE

— AIR-CONDITIONING —
& MECHANICAL SERVICES

Highrise launched this newsletter to highlight the incredible work we do alongside our trusted partners and celebrate the achievements of our team. We want to take a moment to express our deepest appreciation for the collaboration, trust, and dedication that make every project a success.

Culture is our number one company value. By sharing updates and successes, we aim to strengthen connections and cultivate a positive, engaged community within our industry.



This month, we celebrate the one-year anniversary of the launch of the Highrise monthly newsletter!

PROJECT UPDATES



LIVE PROJECTS

- Kings Garden, Ground and Level 4
- Cabrini Hospital, Gandel Wing and Suite 55
- Nightingale Umarkoo Wayi
- Omnicom
- Seddon Square
- The Lodge



RECENTLY COMPLETED



LENLEASE ALTONA

BUILDER FDC Construction & Fitout (VIC)
LOCATION Westgate Drive, Altona

A 300 sqm industrial development located within the inner west of the Melbourne industrial precinct. The project includes an office fit-out package featuring rooftop packing units and a battery room ventilation system.

PROJECT UPDATES



UPCOMING PROJECTS



HEIRLOOM APARTMENTS

BUILDER Cobild

LOCATION High Street, Armadale

Full mechanical scope awarded to Highrise for works on the new premier luxury apartments. This project features 39 oversized apartments with landscaped terraces and immaculate city views.



NEST AT BELL

BUILDER V-Struct

LOCATION High Street, Preston

Full mechanical scope awarded to Highrise for works on the new 9-storey high quality mixed-use development comprising of 52 apartments and a retail activation at street level.

LIVE BUILDERS

COBILD™

E.J.B. HOLDINGS

FDC

LORDEN
VELLA.



V-STRUCT

Haier

FUJITSU

reece



DAIKIN

SAMSUNG

PROCORE®



BEHIND THE SCENES

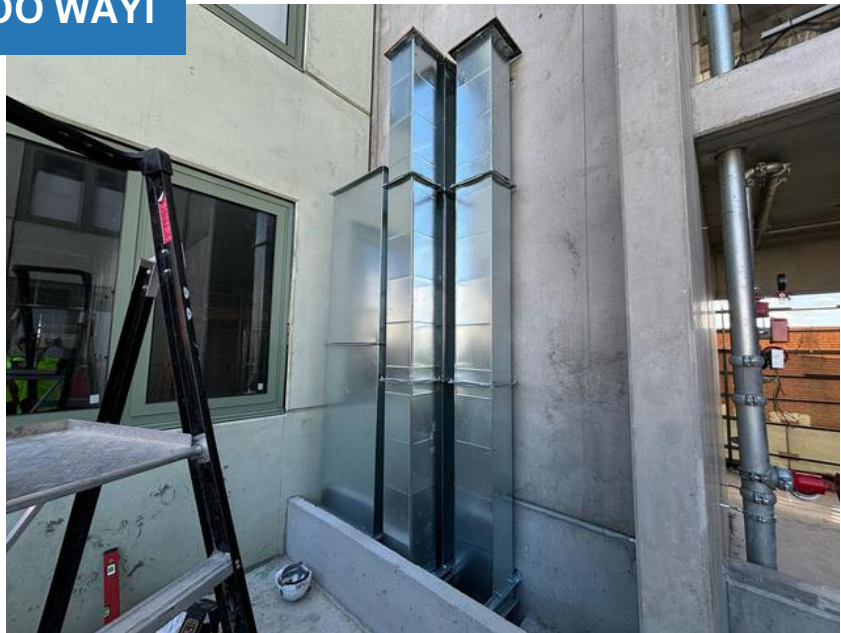
SEDDON SQUARE



Monday 24 February 2025

Our first-year apprentice Harley working hard on some duct.

NIGHTINGALE UMARKOO WAYI



Monday 24 February 2025

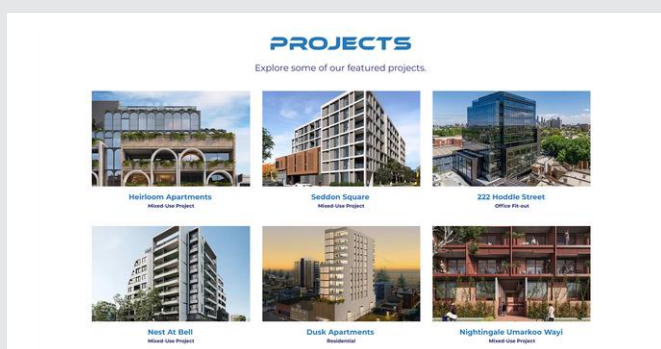
Our team at 170 Sydney Road in Coburg starting the installation of riser duct.

NOTICE BOARD



WEBSITE RELAUNCH

Our website relaunch is officially live! A huge shoutout to our talented office team for turning our vision into reality.



NOTICE BOARD

PHOTO OF THE MONTH

Congratulations to Nick Harry, our Highrise Commercial Team Leader, for being our Photo of the Month winner for February 2025!



STAFF UPDATE

APPRENTICESHIP COMPLETION

Congratulations to Gregor - the first Highrise employee to complete their plumbing apprenticeship with us and become qualified!



We are excited to announce that Gregor Cowie has successfully completed his apprenticeship with Highrise! Gregor is our very first employee to join the company as an apprentice and complete the entire journey with us. We couldn't be prouder of this incredible achievement.

Since joining us in 2021, Gregor has been an invaluable member of the Highrise family. He is currently applying his skills to projects at Cabrini Malvern and 80 Dorcas Street. What he loves most about working at Highrise is the incredible community we've cultivated together.

Interests/Hobbies

Finger painting,
colouring books

Job in High School

Wanda Catch Fish
& Chips

Fave Travel Destination

Love going to Scotland
to visit family

Greatest Fear

Crocodiles



BIRTHDAY SPOTLIGHT

February's employee feature is dedicated to our incredible team leader, Chris! Thank you for your dedication in leading our team at Omnicom.

CHRIS PENBERTHY

Position	Team Leader
Current Projects	Omnicom
Time with Highrise	1 year
Favourite Movie	The Hangover
Biggest Guilty Pleasure	New Kicks
Pets	A German Shepherd called Sam



What made you want to be a mechanical plumber?

My stepfather got me into the trade.

What's the best thing about working at Highrise?

I enjoy the collaborative environment and the ability to grow personally and professionally within the business.

Favorite place travelled and why?

My favorite place is Bali, because of the people and the relaxing atmosphere.

Where did you grow up?

I grew up in Scoresby.

What is one thing you cannot resist?

Asahi.



XMAS PARTY 2024

SAFETY FOCUS

With increased workloads after the holiday period, there's a higher risk of manual handling injuries, particularly strains, sprains, and back injuries caused by improper lifting techniques.



STEPS TO THE RIGHT LIFT

- 1 **TIGHTEN** your abs
- 2 **LIFT** with your **LEGS**
- 3 Keep your back **STRAIGHT**
- 4 **HOLD** the object at waist level
- 5 Keep the object **CLOSE** to the body

TRICKS AND TIPS

- **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



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



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