

Newsletter

Issue 4 - October 2009



A Word from
Andrew

In talking to business leaders around town, the general mood in our industry at the moment is looking up, and although we too, have had a relatively quiet time recently as a result of the GFC, I see activity picking up in the New Year. Tendering activity is already on the increase so the signs are good.

Meanwhile, we have been focused on making sure we are ready to move forward, particularly in relation to our sheet metal fabrication work, and have plans in place for new plant and equipment to make our jobs easier and to increase our capacity to deliver quality service to our valued clients in a cost effective way.

At the end of October we saw the most youthful "old face", Don Hough, start his retirement. Don has been a great asset to the company since 1988.

From talking to clients, consultants and competitors around town there is no doubt that he is a highly respected figure in the industry and has contributed enormously with his vast "know-how" and "can-do" attitude.

Don has delivered a number of complex projects to key clients such as Woodside, Apache, The Royal Australian Navy, The Royal Brunei Navy, FMG, Transfield-Worley and others. Don is also one of the most respected and experienced engineers in the specialised hospital HVAC work.

He has promised to be back on a casual basis to assist us in these specialised areas and we look forward to seeing him around the office as soon as he tires of the good life and perhaps after another Rottneest swim! Thanks and all the very best to you, Don, from all of us at Modern Industries!

We are now looking for young energetic engineers to help fill the gap!

In the lead up to Christmas, remember to think about safety before you act. Don't let the fatigue build up over the year catch you out.

Project Profile - Alluvian, Perth CBD

Modern Industries is currently working on the 'A' Grade office building Alluvian. The construction is scheduled to be completed by April 2010 with the projects Head Contractor being Broad Constructions.

Comprising of 22 levels the building has been designed to exploit the magnificent panoramic views of the Swan River and Kings Park.

Alluvian will meet 4 star Green Star and 4.5 ABGR ratings, and includes 36,000sqm of gross floor area, two levels of car parking, a cafe, roof terrace and landscaped gardens.

Modern are subcontracted to the Envar Group who are providing all of the Mechanical Services on the project. Modern are manufacturing and supplying all of the ductwork for the project and have managed to keep to a tight construction schedule. In a first for Modern, the installation work has been subcontracted out to Vortech and the work done by both parties to deliver this project and build a working relationship with what was once one of our biggest competitors has led to a Modern / Vortech Joint Venture which has recently been awarded the new City Square



project where we will be contracted to install all of the ductwork for Triple M.

Alluvian continues to showcase Modern's commercial construction capabilities and it's green building credentials which are becoming increasingly important in today's Climate conscience minds of society. Modern were involved in the delivery of Western Australia's first 5 star Green Star project at Bishops See.

Human Resources & Payroll News

Upgrade of Personal Information & Training Competencies

During this quiet period, it's a good time for the HR & Payroll team to update personnel records to ensure that we maintain proper records for emergency contacts, as well as the ongoing management of training.

Therefore, over the next few weeks we will be contacting each of you through correspondence attached to your pay slips, requesting an update of your records.

We would appreciate your assistance by returning to us the personal update sheets and copies of your current tickets and/or training certificates, including where applicable, your trade papers, for our database and files.

Please feel free to come into the office and we will copy for you if this is more convenient.



Staff Profile

DON HOUGH



For a period of over 15 years, I worked for various private mechanical services contractors in numerous roles, then moved to the Building Management Authority as a Mechanical Supervisor. I worked there for around 12 years on major hospital projects, and it was at this time I made contact with Modern Industries. One of the original Directors asked me if I was interested in moving back into the private sector for a couple of years. This move transpired in 1988 to today, in Malaga in 2009.

After working on projects such as the Central Park 45 story office tower and most recently the Apache Energy Devil Creek desalination plant, I have decided to finally retire from full time work and look forward to spending some time with my two grandchildren and three sons, one of which is based in Melbourne and one in Vancouver.

My first priority in retirement is to try and build up some form of fitness level and compete in my 8th Rottneet Channel Swim, and if this fails, there's always the pension concession on the ferry!

During my many years of working for Modern Industries, I have been given the opportunity to meet many interesting and talented people, work on many and varied projects, attend many functions, won many Narga Awards at the M.I. golf day and all in all, enjoy a very satisfying career with the Company.

I intend keeping my interests in with the company, and you will occasionally see me in the office doing just that.

Thanks for the memories!

HSEC News

Protecting Your Spine Using Good Body Mechanics

Body Mechanics refers to the way we move our body. Posture is an important component in body mechanics. Good posture generally means the spine is in neutral position. The human spine naturally has four curves. This position is not fixed and is individual. A neutral spine is one in which the position comfortably maintained by the disc, bones, and ligaments.

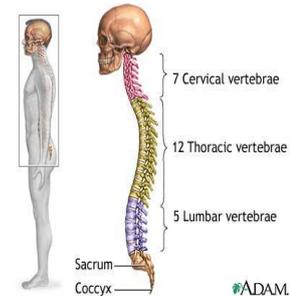
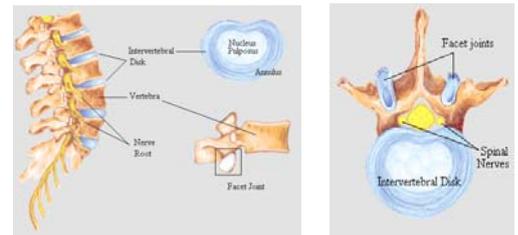
To help you minimize injury to your spine, a good understanding of body mechanics is needed.

As we age our spines change. Associated with aging are normal degenerative processes that can affect the vertebrae, facet joints and discs. Trauma, wear and tear, disease and poor body mechanics can alter the structural integrity of the spine.

Your spine is a complex arrangement of bones, joints, muscles ligaments, discs, a spinal cord and nerves. In a healthy spine the vertebrae, facet joints and discs are vertically stacked, held together by a system of ligaments that help support the alignment while allowing movement within a safe range.

The discs absorb shock from the changing weight loads applied to the spine from excessive; as well as normal activities such as walking, running, and lifting and so on. The spines four natural curves also help to evenly distribute these loads, while providing structural support and stability.

Tips for Maintaining Good Body Mechanics – BACKS



Bend from the hips and knees – ensure you are bending from the hips and knees keeping your back straight, don't bend from the waist.

Assess the load and plan – assess the load before you move it, if it is too heavy get help. Always plan ahead, ensure you have a safe clear path.

Chest up and load close – keep your chest up and keep the load as close as possible

Keep the curves – visualise the curves of your spine and remember to maintain them throughout manual handling.

Stabilize before you mobilize – ensure your stabilizing core muscles are switched on and always maintain good balance.

IT Services



As you're all aware, Computing Australia provides us with support services to all our computer hardware and software. They maintain our systems remotely, as well as attending our office on a fortnightly basis.

Therefore, if you are having any issues with your computer software or hardware, please liaise with Vicki Ellery who is in charge of the booking sheets for Computing Australia.

Dates to Remember:

Melbourne Cup: Tuesday 3rd November
Christmas Party: Friday 18th December : venue to be advised
Malaga Xmas Closure: Friday 18th December
Malaga 2010 Return: Monday 4th January 2010

Formal notification of the closure dates will be forwarded to you, together with leave forms which need to be completed for paid annual leave over this period.

Modern Industries collects the Gold Safety Achievement Award

Modern Industries were awarded a Gold Safety Achievement Award at the IFAP Gala Dinner on Thursday, 1st October, in recognition for our continued development and maintaining our Safety Management Systems for the past twelve months.

Modern Industries have been commended for its continued dedication to OSH management and its commitment to maintaining the welfare of everyone who comes in contact with its operations.