

REMINDERS

MESSAGE FROM MANAGEMENT

The project for Maxcon on the Bohem Apartments will be finished by the end of November. Big thank you to everyone who has worked on the project and a special thank you to **Andrew Gordon** for his exceptional work.

CHRISTMAS CLOSURE

Grandstand commercial sites will be closing down for Christmas from the 20th of December 2017 and will return to operation from the 8th of January 2018. You may be contacted within these dates for variation work.

TIMESHEETS

Timesheets must be sent through to timesheets@grandstandsc Scaffold.com.au every Monday BEFORE 12.00pm.

Please ensure hours are submitted in the correct format, using the provided timesheet template.

BOHEM APARTMENTS



CENTRAL MARKETS



HOT WEATHER

Keeping safe and staying comfortable on a jobsite presents unique challenges as the temperature increases. Heat stress is recognised as a contributing factor to the onset of fatigue, distraction and inattention.

Common symptoms of heat stress include; headaches, nausea, dizziness, weakness, irritability, thirst and heavy sweating.

To ensure you are looking after the health and safety of yourself and those around you, we recommend incorporating the below tips into your working day:

- ✓ **HYDRATE**
Ensure you are drinking a minimum of eight glasses of water a day – make sure these are spread throughout your day and not consumed all in one go.
- ✓ **APPLY SUNSCREEN EVERY 4 HOURS**
Get yourself into a routine of applying sunscreen before work, at smoko and during your lunch break.
- ✓ **WEAR PROTECTIVE CLOTHING**
Grandstand supply shirts that are made from a breathable cotton with ventilation points to allow the air to circulate, keeping you cool while you work. If you are in need of some new shirts, please contact the office.
- ✓ **AVOID DRINKS HIGH IN CAFFEINE**
They offer minimum hydration and do not count as one of your eight a day.
- ✓ **SELECT YOUR LUNCH CAREFULLY**
Junk food is high in fat and preservative, and it's going to put a high caloric load on your digestive system. In high heat, that will stress the body. Try eating a bigger breakfast, so you're not ravenous at lunch, and light lunches, such as fruit and vegetable salads.
- ✓ **KEEP AN EYE ON YOUR CO-WORKERS**
Not everyone reacts to heat in the same way! If one of your co-workers is showing signs of heat stress, advise them to report to their supervisor and take a break.

