

THE CONDUIT

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delivering the edge



“Rule your mind or it will rule you ”

Buddha

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WELCOME

It is hard to believe it is almost the end of 2016. The year has been a busy and exciting one for us, and we hope it has been the same for you.

As we head towards the hectic – and sometimes stressful - festive season, we would like to share some of the work we have been doing in the mental wellness space. Our Think Fit Stay Fit program was launched in October as a part of Safe Work Month and has received some really positive feedback.

This edition of the Conduit also highlights a few of the projects we have been working on, including Stockland’s Aura development; where our Energy Services and Electrical Construction teams are on site delivering the electrical infrastructure for the development and the electrical wiring for the first of the project houses. Our Pumping Services team have installed industry leading pumping technology at BAC. The Media & Design team recently showcased the latest in digital technology at the Parking Australia Exhibition and our Signage Solutions team have delivered the specialised sky signage for the new Gold Coast University Hospital.

We’d like to thank our customers and suppliers for their support in 2016 and wish everyone a very Merry Christmas and best wishes for a safe and prosperous 2017.

Andrew McMaster
Executive Director & CEO

Edward Phelan
Executive Director & COO

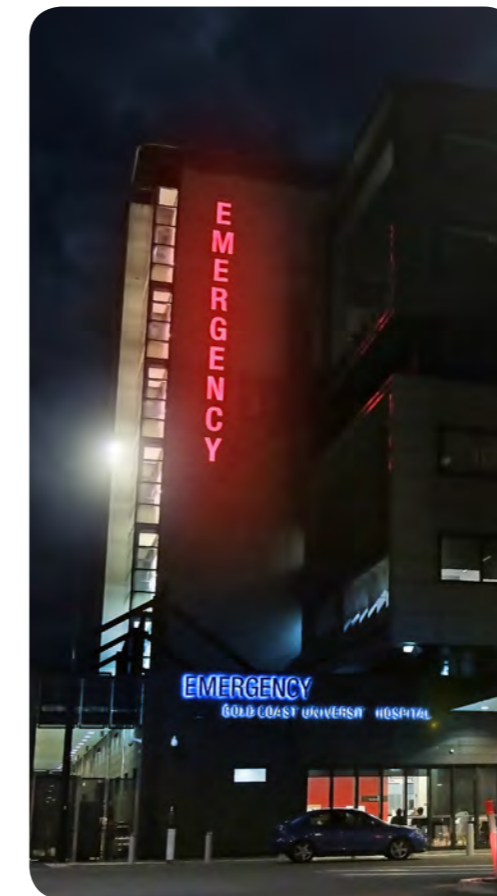
GOLD COAST UNIVERSITY HOSPITAL

SIGNAGE SOLUTIONS

The Gold Coast University Hospital (GCUH), is a new state of the art medical facility servicing the Gold Coast community. Opening in 2013, the hospital is one of the largest clinical and research facilities in Queensland, covering approximately 170,000 square meters.



Designed to maximise efficiency of service delivery, the hospital provides 750 beds and has over 7,500 staff with the emergency department alone attending to more than 90,000 patients each year. The hospital is a key part of the greater development of the Parklands region, with the growth of Griffith University and the development of the Commonwealth Games Village and surrounding area.



CV Signage Solutions, in partnership with our Asset Services team, recently installed new external sky signage for the facility. The project included the installation of three external signs - the main “Gold Coast University Hospital” signs at the front and rear of the campus and the vertical “Emergency” sign. The job was designed, fabricated and manufactured in our factory in Eagle Farm, transported to the Gold Coast, and installed by our crews.

Due to the specific demands of the site, the installation required careful planning to ensure there was minimal impact on the hospital’s operational environment. Several challenges needed to be negotiated due to the rooftop location. The work had to take into account the arrival and departure of helicopters and the inability to work over existing in ground infrastructure. Due to the infrastructure, the lifting zone was extended further from the building and as a result the team had to bring in an 80 tonne crane to deliver and install the rooftop elements. The “Emergency” signage also needed a specialised solution with abseilers required for the installation.

With the new illuminated sky signage successfully delivered, and with minimum impact on hospital operations, the hospital can now be seen even more clearly on the Gold Coast skyline.

HEALTHY MINDS; HEALTHY BODIES



The CV Services integrated approach to team safety and wellness continues to deliver real and sustainable improvement in safety performance. As the next evolution of our wellness program, we recently launched our mental health program under the badge of ThinkFit StayFit.

The program adopts a holistic approach to the 'healthy body, healthy mind' message, providing practical tools that can be used to make sure that both your mind and body are "in the game". In a series of Toolbox Talks throughout Safe Work Month, all CV Services team members heard from mindfulness expert Manish Singh (Brisbane Mindfulness), and passionate back injury prevention advocate and physiotherapist, Peter Irving.



Manish took team members through the power of mindfulness and how to utilise mindful breathing techniques to reduce stress and remain focussed. Peter provided a refresher on manual handling techniques to avoid the risk of back injuries using the Back Fit Stay Fit stretch. Both stressed the importance of mental preparedness before completing physical tasks.

Alongside the Toolbox talks, a Healthy Mind Competition provided an opportunity to reach out to our team and find out what works for them to stay focused in times of stress. We had some great responses which have been captured and will be used to reinforce the healthy mind message.

The response to the launch of the ThinkFit StayFit mental wellness program has been really positive and provides a strong platform for our ongoing commitment to this critical space.

"Excellent - I feel proud to work for a company that takes steps to ensure their staff are well educated in regards to their own health." - Stacey Lander, Sunshine Coast Administrator

"Mental wellness is the number 1 factor I see day in day out affecting safety and performance on the job site. Congratulations to CV for putting the issue front and centre!" - David Ferris, CV Services Supervisor



Manish Singh

Manish grew up in a family with a long history in practicing mindfulness. Practicing for over forty years (starting at five years old), and teaching for fifteen, it is part of his every day. Manish integrates the modern western and traditional eastern approaches to mindfulness, drawing on the strengths of both.

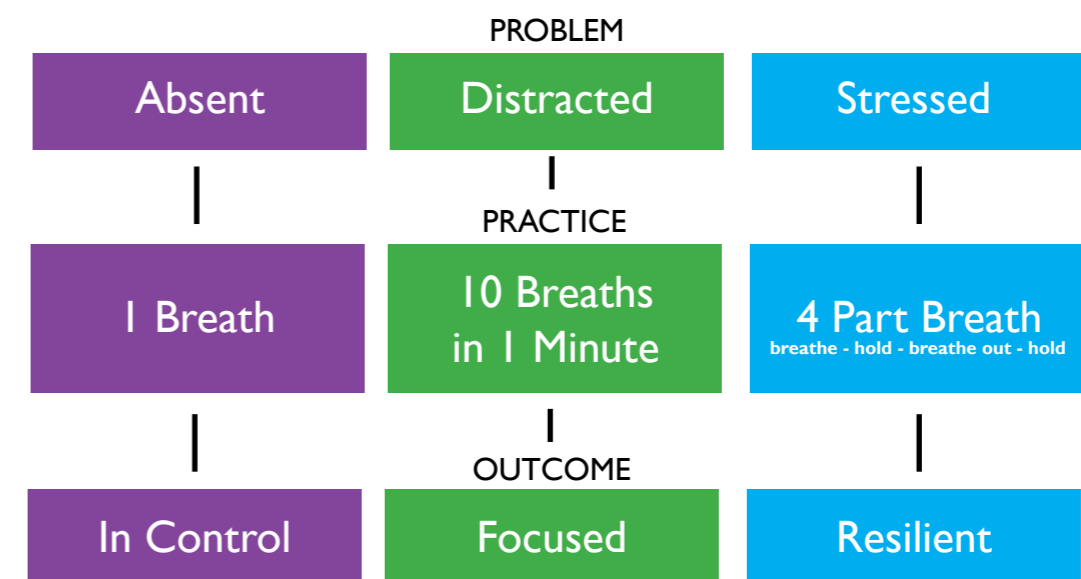


Peter Irving

Peter is qualified in Human Movements, Occupational Therapy and Management and has been very active in the injury prevention and management space. Throughout his career, he has partnered with a number of organisations to ensure best practice across safety culture, injury prevention and employee education.

Healthy Mind Toolkit

Mindfulness of Breathing uses the breath as an object of concentration. By focusing on the breath you become aware of the mind's tendency to jump from one thing to another. The simple discipline of concentration brings us back to the present moment.



ASSET SERVICES

Voted as ‘Australasia’s leading Airport’ at the 2016 World Travel Awards, Brisbane Airport Corporation (BAC) are continually looking for innovative ways to provide the best quality service delivery and industry best practice.

With the recent addition of a pumping services offer to our Asset Services team, we have been exploring new pump options to help deliver the airport industry leading efficiency in water management.

Our pumping services team recently sourced and installed the state of the art Xylem Concertor pump on site at the Brisbane Airport. The BAC install was only the third time this advanced pump technology has been installed in Australia.

The pump is unique with its inclusion of a variable frequency drive located in the head of the unit and is designed to be ultra-efficient and guaranteed non-clog. Some of the key features include;

- Energy savings of up to 70%
- Reduced inventory of 80% due to flexible performance
- Self-adjusts for different conditions and environments
- Eliminates the need to keep large inventory stocks
- Built in sump and pipe cleaning function

The pump technology is a world first for wastewater pumping system delivery and clog-free pumping. We were proud to be the first private contractor to access and install the unit. With this type of pump installed at the third largest passenger airport in the world, London Heathrow, it is great to see that Brisbane is in good company!



ENERGY SERVICES

With the vision to develop 20,000 homes over the next three decades, the Aura community will become home to over 50,000 people. Situated on the Sunshine Coast in Queensland, Aura will include a completely new city centre, schools, sports and recreation facilities, parklands and a central business and commercial hub.



The 24 square kilometre development is significant in its commitment to the highest environmental and sustainability standards. Looking to the future, Stockland is looking to be the leader in developing green cities, as the population booms and the demand for affordable housing grows.

Our Energy Services team has been on site for the past five months, delivering the electrical infrastructure work for the first stages of development, with the first 11kV substation already commissioned. The scope of works also includes the electrical network of power transformers, LED street lighting, bicycle and pathway lighting and all NBN communications. Our Sunshine Coast housing team are now also on site with Integrale, delivering the electrical wiring for the first houses being built in the development.

CV Services is proud to be part of this iconic project with initial stages coming together well and work on the next 300 lots and the northern connector road now well underway.



THE DIGITAL CAR PARK

MEDIA & DESIGN

Digital – perhaps the most overused phrase of 2016? The experts say go digital or go home, but the evolution of change is already upon us. We don't have a choice to go one way or the other; we merely have an opportunity to leverage the digital revolution and transform through education, adaptation and growth.



Parking is often the first touch point for businesses to engage their customers and has unlocked digital opportunities to truly shape a positive experience. The industry is in a real state of transition and it's an exciting time to see the relationship between digital and parking unfold.

Professor Nassim Nicholas Taleb talks about the idea of antifragility; systems that increase capability, resilience or robustness as a result of volatility, shocks and noise. The process of parking, although simple in concept, is not immune to digital transformation and as a result systems are emerging that increase their capability, enhance their resilience and allow for transformation in the customer experience.

Recently, the CV Media & Design team exhibited at PACE (Parking Australia Conference & Exhibition) showcasing the capability of our Dynamic Parking Kiosks, indoor and outdoor LED and LCD opportunities to transform the customer experience. It was a great exhibition which positioned parking as an industry that is embracing change.

Already partnering with progressive stakeholders such as BAC and the Scentre Group within the parking space, the CV Media & Design team has seen the scope of opportunities and digital delivery continue to grow. Digital transformation for service and function is no longer the 'future' of parking but the 'now' of parking.



BELISE APARTMENTS

ELECTRICAL CONSTRUCTION

With the population of Brisbane accounting for nearly half of the states growth, it's safe to say the cities evolution is happening rapidly. The RNA Showgrounds Regeneration Project has become an integral part of this change, with the iconic area undergoing a complete transformation.

The regeneration project is expected to deliver \$300 million per annum in benefits to Queensland, while supporting Brisbane's future economic growth through the creation of over 2,000 jobs. This will further develop Fortitude Valley and surrounding suburbs as one of Brisbane's key cultural hubs.



Situated on St Pauls Terrace and part of the RNA precinct, Belise is the latest development from the Kildey and Reed Property Group. Built on one of the highest points in Bowen Hills, it has outstanding views matched with a prime location. Modelled on five-star hotel standards, it will provide first class facilities and an envious lifestyle. The development has 228 one, two and three bedroom apartments over 21 levels, café, restaurant, roof top bar, equipped gymnasium and recreational deck with pool, spa, sauna and sun deck.

The new Belise apartments will become a sought after living location, located within walking distance of the RNA grounds and the greater valley precinct.

Our Electrical Construction team has been on site for almost three years in supporting delivery of this project. The team has provided the full internal and external electrical design and installation for each apartment and all facilities. Strong project management has been crucial in ensuring timely delivery of the electrical works.

The team has worked closely with valued partners RCQ Construction, supporting them through one of their largest projects to date. CV Services has been proud to be involved in the growth of one of Brisbane's most progressive areas.

