

Editors Note



Hi Everyone,

Welcome to the Summer Edition of Gas Lines.

I hope everyone had a wonderful break and is fresh for the year to come!

If you have any feedback for the Newsletter please let me know. Enjoy!

Amy

Toolbox Talks

TBT#95: Correct use of crushers on cast-iron conduit above 6" Procedure

TBT#96: APA- Bush Fire Protection Plan

TBT#97: ZinfraGroup SNN Toolbox Talks

TBT#98: APA- Mains Insertion with PE Procedure

TBT#99: Fairness Inclusion and Respect: Acceptable Language

TBT#101: APA- Relighting Appliances Procedure

TBT#102: APA- Hot Water Meters Procedure

TBT#103: APA- Tie in of Mains PE Procedure

TBT#104: APA- Direct Purging Procedure

TBT#105: APA- Inert Gas Purging of Pipelines Procedure

TBT#106: Paperwork Requirements of APA

TBT#107: Go live Monday 30th Nov 2015- Electronic Work Management Construction

TBT#108: Tagging out of plant, equipment, machinery, tools & dangerous goods Procedure

TBT#109: Appropriate footwear in the office

TBT#110: APA Group & Mac Gas Incident Reporting Procedures

TBT#111: Operational Field Guideline Procedure Chapter 14- Interruption to supply and recommissioning of supply

TBT#112: Updated Daily and Weekly Operational Inspection Form

TBT#113-115: August 2015 Jemena Field Guideline Updates, ROL Compliance, Reminder: Verify your DBYD Maps are correct

TBT#116: ZNX Safety Gram- Exploding Aerosol Cans

TBT#117: APA- Waste Management Procedure

TBT#118: Employee Injury- Company Doctor Procedure

In This Edition

Page 2: Directors Note

Page 3: A message from the Senior Manager

Page 5: WH&S Update

Page 6: Top 10 Secret spots in Sydney

Page 7: Thought of the Month

Page 8: Employee of the Quarter

Page 9: Interview with Sarah Jeffes

Page 10: Recent Complimentary Letters

Page 11: Up Coming events

Page 12: Recent Events

Page 14: Footy Tipping

Page 15: Quote of the Month, Oops Moment!

Page 16: App & Offers



BIRTHDAYS THIS EDITION

December

Sean Brooker

James Dill

Zoran Gjorgjioski

Neil Lamb

Bevan McWha

Rawi Sader

Katie Taylor

February

Ken Drew

Keven Gambell

Cory Mitchell

Matthew Anastasio

Steve Guy

January

Paul Bennett

Luke Dixon

Ben Harris

Paul Origlia

Nick Padjen

Aaron Wallace

Jason Wallace

Gavin Richardson

Directors Note



So here we are, well and truly into the New Year. No time for looking back, hit the road running, head down arse up, and just get on with it - sound familiar?

I'm sure you've all heard it if not been part of it, I know I have. Yes that's right, guilty of trying to get on top of things and not have backlogs, guilty of making sure things get done so I don't let people down. In some way we all contribute to the urgency especially in current times when everything is so accessible and instant.

Our challenge is to make ourselves take the time to consider the consequence of our actions. We need to take a moment to look back at what we have learned, we don't want to hit the road running without having a plan and clear path so we don't stumble. Head down arse up will only cause us to run into obstacles, just getting on with it regardless of the situation is sure to fail at some point.

So how do we make ourselves take a controlled approach to tasks (take 5, stop, think then act) and still maintain efficiency? Slowing down and taking forever to consider every step in every task may reduce incidents and accidents, but it will also be too time consuming, we may become uncompetitive.

Continual training, (theory and practical) along with refresher training, simulation training and experience will allow you to complete many tasks as though second nature. Giving you time to take 5 minutes and focus on the variables of the task (the risk assessment) resulting in an efficient and safe outcome.

My message to you all is to take 5 –Stop, Think, then Act! By all means trust in your ability, your training and experience, but never take for granted the importance of evaluating the risk of any task and the environment you are working in.

The most common finding in our incident investigations over the past year has been assumptions, the biggest risk you take is probably assuming things are always the same, assuming someone else has done their part or that they have the skill and training to do their task.

Let's all step up this year and take responsibility for safety, the safety of your colleagues, the public, the environment, your family, and let's not forget yourself.

I hope you all had a great Christmas and found some time to relax and recharge, I look forward to a bright year ahead for us all.

Regards,

Chris O'Keefe

Safety Integrity Teamwork Enjoyment

A Message from Senior Manager Tony Ussia



Hi Everyone,

Well another year “bites the dust” and here we are preparing for hopefully a cold winter ahead. Before the winter peak let’s enjoy what I think to be the best season, autumn.

The Civil/Engineering team led by Marco are developing into a very strong group that at times surprise me with the calibre of work they are winning and delivering. Marco has proven to be a very valuable asset to the Mac Gas group where his leadership skills are really coming into play and I am sure 2016 will see Marco and his team up against some challenging and rewarding type of work.



Civil team left to right: Fred, Marco, Alistair, Rawi and Nick.

Peter Magnone the Riverina Manager has had a very “unsteady”2015. His client The APA Group has seen some massive changes which of course filter down to contractors like us. Peter has been successful in winning over seven kilometres of insertion work which should keep this team busy in 2016. Peter and his team have now taken possession of Mac 9 (see photo below) and in my opinion this is one of the best looking trucks in the Mac Gas fleet. Mac Gas Riverina have now moved into their new depot (see photo below) and if you are in The Riverina area make sure you call in for a look around and a nice cuppa.



Mac Gas Plumbing had an excellent year past, Murray and his team are more than proud to “fly the Mac Gas” flag. This is the area that put Mac Gas on the map and as the operations manager I see this area working hard during 2016 to maintain the high level of customer expectation that is a must today. Don’t forget to refer all your friends to this area for their plumbing needs.



The Gas Networks team managed by Neil Lamb has survived an interesting 2015. Neil had a difficult year with Jemena changing their computer system from Gass to SAP. Neil and his team worked wonders to get the Mac Gas cash flow back on track. Gas Networks employ a majority of employees/contractors and the potential of something going wrong is far greater than that of other income streams, and when you look at the big picture the area that this team services is by far the worst area to carry out excavations in. It’s a concrete jungle out there full of underground utilities. Good luck to Neil and his team and I hope 2016 is a lot easier than last year.



I would like to take this opportunity to thank everyone that helped over 2015, welcome new employees and best wishes to employees that have moved on. I hope to see you and your families throughout 2016.

STAY SAFE, WORK AS A TEAM AND HAVE FUN OUT THERE.

Tony Ussia

ARE YOU DEHYDRATED?



It's important in these summer months to stay hydrated as temperatures soar above 30°C.

Dehydration occurs because there is too much water lost, not enough water taken in, or most commonly, a combination of the two.

Replacing water with drinks such as soft drink and energy drinks can also cause dehydration.

SOME SIGNS OF DEHYDRATION MAY BE

- Dark urine
- Dry sticky mouth
- Lack of energy
- Fatigue, headaches
- Reduced attention span & co-ordination

DEHYDRATED?

CHECK THE COLOUR OF YOUR URINE

This urine chart is a simple tool that can be used to determine if enough fluid is being consumed throughout the day to remain properly hydrated.

PROPER HYDRATION LEVELS	
HYDRATION LEVEL: AVERAGE KEEP DRINKING	
HYDRATION LEVEL: VERY POOR REHYDRATE IMMEDIATELY!	

HOW TO REHYDRATE

- Drink plenty of water
- Electrolytes (Gatorade, Powerade, Sqwincher etc.)
- In extreme cases an IV drip

Top 10 Secret Spots in Sydney and surrounds

Check it out!

Jellybean Pool

Situated on the Glenbrook Creek, just south of the weir in Blue Mountains National Park, Jellybean pool is the perfect place to escape the summer heat.

Bobbin Head

Nestled within the Ku-Ring-Gai Chase National Park, this area is fully equipped with barbeques, picnic tables and plenty of space. It contains one of Sydney's best fishing spots and contains many nature hikes and hire paddle boats.

Blue Pool

Angourie might be renowned for having one of the best surf breaks in the world, but that's not the only thing it has going for it.

Mumbulla Creek Falls

One of the best natural rock water slides can be found on the far south coast in the Biamanga National Park.

Wattamolla Beach

This place is a unique piece of geography with a picnic area as well, as the sandy shore itself is actually a barrier between the ocean and the lagoon.

Bents Basin

The Nepean River is home to a deep water hole inside the Bents Basin State Conservation Area and is popular with canoeists, fishermen and swimmers.

Karloo Pool

The Royal National Park just south of Sydney is home to several waterholes, and perhaps none better than Karloo Pool.

Shark Island

This place offers one of Sydney's best picnic spots. With great views of the Harbour Bridge and Opera House, the island got its name because of its shape (you'll have to look hard to find a shark, sorry!)

Blue Mountains National Park

Includes Breakfast Point lookout, Queens Cascades and the Wentworth Falls which has many hiking tracks and spectacular views.

Milk Beach

There is plenty to do here, from fishing to snorkelling, to family picnics under the awning or a walk along the Hermitage Foreshore.

MENS HEALTH: Prostate cancer awareness



What is prostate cancer?

Prostate cancer occurs when abnormal cells continue to multiply in an uncontrolled way and sometimes spread outside the prostate into nearby or distant parts of the body.

Prostate cancer is generally a slow growing disease and the majority of men with low grade prostate cancer live without symptoms and without it spreading and becoming life-threatening. However, high grade disease spreads quickly and can be lethal. Appropriate management is key.

Men over age 50, or 40 with a family history of prostate cancer should talk to their doctor about testing for prostate cancer using the PSA and DRE as part of their annual health check-up. Men should make an individual informed decision about testing based on the latest available evidence on the benefits and potential harms of testing and subsequent treatment for prostate cancer.

...

WHAT ARE THE RISK FACTORS?

Factors that are most strongly linked to an increased chance of developing prostate cancer:

Age: Prostate cancer is an age-dependent disease, which means the chance of developing it increases with age. The risk of getting prostate cancer by the age of 75 is 1 in 7 men. By the age of 85, this increases to 1 in 5.

Family History: If you have a first degree male relative with prostate cancer, you have a higher chance of developing it than men with no such history. The risk increases again if more than one male relative has prostate cancer. Risks are also higher for men whose male relatives were diagnosed when young.

OTHER FACTORS THAT MAY INCREASE THE RISK OF CANCER:

Factors that are most strongly linked to an increased chance of developing prostate cancer:

Genetics: Genes are found in every cell of the body. They control the way the cells in the body grow and behave. Changes to genes can increase the risk of prostate cancer being passed from parent to child. Although prostate cancer can't be inherited, a man can inherit genes that can increase the risk.

Diet: There is some evidence to suggest eating a lot of processed meat or food that is high in fat can increase the risk of developing prostate cancer.

Lifestyle: There is evidence to show that environment and lifestyle can affect the risk of developing prostate cancer.

For more information, please head to <http://www.prostate.org.au/awareness/general-information/what-you-need-to-know-about-prostate-cancer/> which includes detailed information with diagrams, support groups etc.



Facts about prostate cancer:

- In Australia, prostate cancer is the most commonly diagnosed cancer in men.
- More than 3,000 men die of prostate cancer in Australia every year.
- More men die of prostate cancer than women die of breast cancer.

Employee of the Quarter

Congratulations to Amy Wheatland from the Business Support Department who received employee of the quarter.

Amy has recently transitioned into HR and has shown great initiative and effort to learn all HR processes in a short time frame. Amy is always happy to assist within the team.



EMPLOYEES OF THE QUARTER

The Management Team had a hard decision to make this quarter and couldn't pick just one winner as both Amy & Jordan showed great commitment to their roles.



Congratulations to Jordan Zammit from the Gas Networks Department who received employee of the quarter.

Jordan has been commended on the quality of daily audits and his commitment to site setup, safety and work quality; ultimately having a great effect on reducing site incidents and complaints.

Interview with Sarah Jeffes



Name: Sarah Jeffes **Age:** 22

Interests and hobbies: My daughter, reading, movies and spending time with friends & family.

Favourite food: All food! Lol

Favourite Drink: Probably a good old Coca-Cola!

Favourite football team: Roosters

Favourite travel destination: Europe!

Favourite Movie: Too many to name.

Pick one word that describes you: Friendly 😊

Where did you grow up: St Clair

What is your 5 year plan: Upgrade our home, have another baby & go on a little holiday 😊

What celebrity would you choose to have dinner with and why:

Channing Tatum- isn't it obvious?

Who do you admire as a role model and why: My mum- she's an amazing mum & I hope to have the same friendship with my kids.

What do you like most about working at Mac Gas: The friendly & funny atmosphere.

What is one of your worst habits: OCD about certain things as my husband would say.

Do you have any superstitions, if so what are they: The usual- don't walk under ladders, not to break a mirror etc.

If there was one thing that you could change in the world, what would it be and why: Peace! Eliminate all the terrorism & hate in the world.

Sarah has worked at Macarthur Gas since May 2012, first starting out as a receptionist then moving into Accounts Receivable!

Family



Recent Complimentary Letters



Hi Amy (Wheatland),

Thanks again for the assistance you gave me yesterday when confirming the start date. The follow up emails you have provided in regard to this & also the medical have proven that Macarthur Gas are both highly efficient & friendly with their approach to prospective employees.

I look forward to attending the inductions scheduled.

Regards,

Shane

Hi STEVO (McDIARMID).

THANKS TO YOU AND YOUR CREW, AS USUAL YOU GUYS DID A GREAT JOB ON BOTH SITES.

ALL THE BEST

JULIO

Hey Murray,

Paul (Origlia) did a meter relocation today
Customer was very pleased, and was praising Paul for the job he did today.
He also mentioned that he has some future pipework ahead, and requested that Paul be the one to carry the remainder of the work out.

Hi Vanessa,

I have received various compliments for Dilon (McDowell) regarding how well he is doing and how hard he has been working while Bevan is away. Many have said he is doing anything they put forward to him with no hesitation.

happy easter



10 Year Service



Congratulations to Keven Gambell and Michael Robertson who both celebrated their 10 year service with Macarthur Gas last August & November!

Welcome to the 10 Year Club and thank you for your valuable contribution over the past 10 years.

Last day BBQ for 2015!



As per tradition, on the Friday 18th December 2015, MacArthur Gas held its 'last day' Barbeque for all employees to enjoy. It's a great way to finish a great year before most people head off on holidays!



The footy competition is ready to start up again for 2016!

Round 1 starts Thursday March 3rd 2016.

If you were in it last year and do not wish to partake in the footy tipping this year,
please advise Stacey at Reception otherwise you're automatically in.

If you WEREN'T in it last year but would like to be a part of it, let Stacey know!

If you weren't aware, the footy tipping is a FREE competition that's a bit of fun!



Quote of the Month



Oops Moment!

This is not an award we would like to be giving out often and is a first for Macarthur Gas.

Congratulations to new employee Nick Sullivan on his Certificate of Skilful Driving for 'achieving the least amount of days worked with a Motor Vehicle accident'.

Maybe back to driving school for you Nick...



DOWNLOAD ON YOUR PHONE NOW!
FIRST AID BY AUSTRALIAN RED CROSS APP



Simple. Free. It can save a life. The official Australian Red Cross First Aid app gives you instant access to the information you need to know to handle the most common first aid emergencies. Interactive and simple step-by-step advice means it's never been easier to know first aid.

Those with a work issued iPad: if you would like this on your iPad please come see Vanessa in Business Support and she can put it on for you.

Summer is almost over....

So hurry and install a gas BBQ point before it's too late:

- Never run out of gas half way through cooking
- No need to take your LPG gas bottle to be replaced
 - Natural gas connection available
- Conversion of BBQ from LPG/ Natural gas



With every BBQ gas point installed we are offering a FREE additional gas point to all Mac Gas Personnel & their family.

**Spread the word and call
8786 3820 for more information**
Limited time only, conditions apply!

Macarthur Gas Pty Ltd
Gas Lines Newsletter

Summer Edition 2016



Created by
Amy Wheatland