

Labourers and Trade Assistants

General Role:

- Support general site tasks such as manual handling, tubing, swaging, and tool use (grinders, cutters, booming guns, etc.).
- May assist with panel installation, cable pulling, and basic housekeeping.
- Must always follow supervisor directions and stay clear of mobile plant and restricted zones.
- Trade Assistant: Support your specific trade team (electricians, mechanics, riggers, etc.) with tasks like material prep, equipment setup, tool management, and quality checks.
- Main stages for role (Refer to section 2):
  - Set up the Site
  - Civil Works
  - Mechanical & Structural Installation
  - Electrical Works
  - Testing the System (Commissioning)
  - Wrap-up & Go Live

Before You Start Checklist - Tick these off so you're ready and safe from day one:

- [ ] Photo ID & right-to-work documents
- [ ] General Construction Induction Card
- [ ] Site induction training completed
- [ ] Fit for work (medically okay, rested, hydrated, no medications affecting safety)
- [ ] Basic PPE ready (hard hat, steel-cap boots, gloves, long sleeves/pants, safety glasses)
- [ ] Know safe lifting rules and exclusion zone signs
- [ ] Know your supervisor's name and your buddy (work partner)
- [ ] Read and understand the Safe Work Method Statement (SWMS) or Job Safety Analysis (JSA) - ask questions if anything's unclear
- [ ] Know how to safely use your tools (get training if needed)



Tip: Stay alert, lift smart (bend knees, not back), and ask before touching new tools. Be the eyes/ears for your team - call out hazards early. Safety beats speed every time.