

What's new at Metro?

NEW

Metro Consultancy

We are very pleased to announce that there is a new venture within Metro.

Metro Consultancy has been specifically created to provide practical management services in the hospitality industry. The new company is a joint venture with Eric Armstrong, a veteran in hospitality management and receivership.

On behalf of the Metro team, we extend Eric a very warm welcome!

New Office

Metro has opened a second office in Seven Hills in addition to our existing office in Newington! The address is Unit 5, 32 Artisan Road, Seven Hills. This office will initially be used for recruitment in the local area with the view of becoming a fully functional branch within 6 months.

Local Business Awards

Metro were finalists in the recent Local Business Awards for 2008 within the category of Professional Services. We would like to thank everyone for their support and look forward to the 2009 nominations!

ISO Certification

Metro received ISO 9001:2008 Certification with Standards Australia in December 2008. To achieve this Metro's processes and internal systems were audited with positive feedback. This certification gives our clients further confidence in our ability to provide quality staff and maintain accurate record keeping.

OHS: Sun Safety

Australia has the highest rate of skin cancer in the world. Spending long periods of time working outdoors, year after year, can put you at high risk of skin cancer.

All skin types can be damaged by exposure to UV radiation. Damage is permanent and irreversible and increases with each exposure. Your eyes can also be damaged.

UV radiation levels vary in strength across Australia on any given day. Extra care should be taken between 10am and 3pm, when UV Index levels reach their peak.



Signs and symptoms of illness such as heat stroke or exhaustion include nausea, dizziness, clumsiness and convulsions.

When working outdoors use these five simple steps to help protect yourself against sun damage:

- Reduce exposure to the sun's UV radiation where possible
- Wear protective clothing which covers as much skin as possible
- Wear a hat that shades your face, ears and neck
- Wear Sunglasses – close fitting, wrap around style
- Apply SPF 30+ sunscreen 20 minutes before going outside and re-apply every 2 hours (or more when sweating)

Get to know your skin! Early detection of skin cancer is important. All Australian adults should regularly look at their skin for suspicious spots or changes and see their doctor for further advice.

Source: SunSmart & WorkCover

Working through the Financial Crisis

When it comes to the financial crisis and how it will affect the local job market, the figures are conflicting.

The figures from October 2008 were encouraging with an increase of over 34,000 jobs and a steady unemployment rate of 4.3%. While we are said to be in a better position than most countries, Australia is not immune from the global crisis with unemployment expected to rise to 5% by June 2009.



It is anticipated that the job market will improve for contractors and on-hire (casual) employees, allowing flexibility for employers without commitment.

Employers and jobseekers alike are understandably nervous about the current environment in these uncertain times.

Tips on recession-proofing your career may include;

- Proving your worth to your employer
- Don't be a business expense
- Update your skills
- Have a positive attitude
- Network and keep an eye out for further opportunities
- Work in an industry where there is a skill shortage

Source: careerfaqs.com.au

Quote of the Quarter

"I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which one has overcome while trying to succeed"

- Booker T Washington

Temp of the Quarter

Congratulations to Carolyn and Jennifer who were awarded the title of 'Temp of the Quarter' for the period October - December 2008. Both received recognition from their respective host employer site for their continuous reliability and overall performance. They each received a Westfields Gift Voucher. Well done and keep up the good work!

Fun Zone

Take 5 to tease your brain with this Find-A-Word!

J	I	R	E	S	U	M	E	K	T	C
S	O	F	F	I	C	E	C	C	A	O
T	H	B	O	N	I	T	O	U	A	N
A	S	G	S	H	R	R	N	R	D	S
T	R	A	N	S	P	O	R	T	M	U
P	I	C	K	P	A	C	K	U	I	L
R	E	C	R	U	I	T	M	E	N	T
D	A	T	A	E	N	T	R	Y	N	A
F	G	N	I	F	F	A	T	S	C	N
F	N	T	F	I	L	K	R	O	F	C
O	N	H	I	R	E	E	S	L	Y	Y

Find the words below in our find a word and reveal the hidden message with the left over letters!

- Metro
- Jobs
- On Hire
- Consultancy
- Staffing
- Transport
- Office
- Admin
- Data Entry
- Forklift
- Truck
- Pick Pack
- OHS
- Recruitment
- Resume

Happy New Year from Metro

From the team at Metro, Happy New Year! We are all looking forward to working with you in 2009.

