coupling the M&E service modular assembly units by connecting the supporting frames and service lines of adjoining M&E service modular assembly units at a level assessible to the work men working at the floor level of the installation site;

lifting the coupled M&E service modular assembly units and the support tables together to an elevation required for installation; and

installing and securing the coupled M&E service modular assembly units to the building.

7. The method of claim 6, whereby lifting machines are used to lift the coupled M&E service modular assembly units and the support tables together.

8. The method of claim 7, whereby the lifting machines are selected from a range of lifting machines with maximum lifting height less than the height required to lift the coupled modular units to a level suitable for installation.

9. The method of claim 7 or 8, whereby the lifting machines are hydraulic lifts.

10. The method according to claims 7-9, whereby the lifting machines are centrally controlled for synchronised lifting of the coupled M&E service modular assembly units and the support tables together.

11. A centrally controlled system of lifting machines for performing methods of claim 1-10.