WHAT IS CLAIMED IS:

1. A helical elevating system (100) which is suitable for transporting a mechanical, electrical and plumbing (MEP) module from one elevation to another having:
   (a) a base frame (60);
   (b) at least one spiral cylinder (61) configured to perform ascending or descending of the helical elevating system (100);
   (c) a horizontal lifting plate (50) perpendicularly coupled to the spiral cylinder (61) at one end thereof, the horizontal lifting plate (50) being ascended and/or descended together with the ascending and descending motion of the spiral cylinder (61);
   (d) a plurality of retractable scissor legs (70) for coupled to the underneath of the horizontal lifting plate (50) to ascend and descend together with the spiral cylinder (61); and
   ~~(e)~~ a plurality of height setting sensors to limit the ascending operation of the horizontal lifting plate (50); characterized in that (f) an integrated software and (g) a display based controlling/operating device are installed to the helical elevating system (100) such that the
   integrated software control is designed to operate and control of the vertically transporting of the MEP from one elevation to another elevation and allow synchronous lifting if a second or more helical elevating system (100) are used to form as a multiple lifting system and lowering of the horizontal lifting plate (50) of multiple lifting system synchronised in series or parallel; and the
   display based controlling/operating device is being used to set parameters of the ascending operation, which also include auto height setting where the helical elevating system comes to a stop after reaching a setting height;
   wherein the rotating motion of the spiral cylinder (61) in one direction elevates the MEP module for installation onto an elevated ceiling or the like structure .

2. The helical elevating system of claim 1, further comprising: a safety system through a Programmable Logic controller (PLC) linked to a PC display.

3. The helical elevating system of claim 1, wherein the horizontal lifting plate (50) is expandable by incorporating an extension frame (40) to the end thereof.

4. The helical elevating system of claim 1, wherein a motor is used as a driving mean to control the ascending or the descending vertically of the spiral cylinder (61).

5. The helical elevating system of Claim 1, wherein the scissors legs (70) are functioned as a secondary support to allow the horizontal lifting plate (50) to change elevation.

6. The helical elevating system of Claim 5, wherein the scissor leg includes an inner scissor leg and outer scissor leg, and each end of the inner and outer scissor legs are connected to the base frame (60) and the horizontal lifting plate (50).

7. The helical elevating system of Claim 1, wherein the base frame (60) is fitted with a plurality of wheels to facilitate the movement of the lifting system (100).

8. The helical elevating system of Claim 3, wherein the extension frame (40) at both the ends of the horizontal lifting plate (50) is retractable or foldable.

9. The helical elevating system of Claim 1, further comprising a plurality of foldable leg extension (80) mounted at each of the corners of the base frame (60).

10. The spiral lifting system of Claim 1, wherein the scissor legs (70) are pivoted by a plurality of pins to allow the scissor legs (70) to ascend or descend with respect to the spiral cylinder (61).

11. A method of installation of MEP modules onto a ceiling with the helical elevating system as set forth in Claim ~~1~~4, the method comprising the steps of :

(i) positioning and securing the MEP module onto a MEP hookup;

(ii) transporting and positioning the lifting system (100) to the hookup MEP module for installation of the MEP module; and

(iii) commencing the lifting process by initiating the motor of the lifting system to lift up the module to a predefined height; wherein the ascending of the horizontal lifting plate (50) is thus synchronously if a second or more helical elevating systems are used and the synchronous lifting and lowering of ~~MEP rack in~~in the horizontal lifting plate is controlled by a plurality of controllers; and a PC display is used to monitor the lifting process in the course of lifting step.