

# happy Hallowe'en!





**Proudly Canadian** 



Stairs of all types have been used since ancient times, and because they are inherently hazardous, people have been falling on them and getting hurt. The vast majority of stairway falls result from a loss of balance, like falls on level ground.

A very common contributing factor is neglecting to use the handrail. It is crucial to be able to grasp the handrail quickly, easily, and firmly should you start to lose your balance. You should be able to run your hand smoothly along the entire length without having to adjust your grip; apply the "tennis-racket grip" at all times when possible.

In addition to using the handrail while both ascending and descending stairs, you must always have three extremities supporting you, this is referred to as the "3 Points of Contact" rule. This rule means you use two hands and one foot or one hand and two feet to support your body while ascending or descending stairs. The three points of contact should only be broken after you reach your destination (the top or bottom of the stairs).

Lastly, it is vital to maintain stair safety. Anything sticking out of the surface of the stairs, handrails, or bannisters (like nails or splinters), should be reported immediately. Also, any spills, wet spots, or debris should be immediately cleaned up.





With pointed fangs I sit and wait

With piercing force I dole out fate

Over bloodless victims I proclaim my might

I can eternally join with a single bite.

What am I?



Hint: I am not a vampire

Please submit your answer, name and employee# to

#### newsletter@pplguard.com

by October 14th for your chance to win \$100!

Congratulations to last month's winner:

**Anzel Taino** 

Do you have a story to share? Maybe you know someone who has made a difference. Perhaps you're part of a great team worth acknowledging. Take a minute and let us know what you want to see in the next issue of The Paragonian. Write today!

newsletter@pplguard.com



## Quick thinking, quicker reacting

L to R: Sathiya Gugathasan – Client Service Manager, Komaljot Kaur, Naman Manrai, Sagar, Gaurangkumar Patel, Sungmin Jeon – Swing Supervisor Timothy Hudson – Night Supervisor, Mahmood Syed, Rodante Desola, Santhoskumar Santhakumar, Nischal Basnet, Yusuf Warsame

On behalf of Royal Bank Plaza and Paragon Security, we would like to recognize this group for going above and beyond during a significant downpour that impacted Royal Bank Plaza in July. The site experienced significant flooding in the upper concourse, the back corridor behind several of the retail locations, the main RBC branch, and the medical offices in the building.

Since this was a Sunday, there were only two members of the housekeeping team onsite. Without further instructions, the security team responded immediately to the incident utilizing the absorbents they have onsite to help mitigate the water. They grabbed rolling carts to be used as buckets under the water pouring from the ceiling, and utilized the wet vacs kept in various locations throughout the complex to begin the water cleanup.

The individuals here did an exemplary job at coming to the rescue when no one was onsite. Good guards are made by good guard companies, and these fine folks prove that.



Talk Suicide Canada Available 24/7/365 for calls 4pm - 12am for texts English & French

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# Teamwork in a tough situation

L to R. Sathiya Gugathasan – Client Service Manager, Markus Smith – Security Coordinator, Muhammad Abdul, Shalitha Naththandige, Andrew Black, Alexandr Yevgrafov, Timothy Larrea, Jaspreet Sachdeva, Madhav Jasti, John Silcott – Senior Patrol Supervisor, Yunus Mohamed – Client Service Manage

On behalf of Menkes and Paragon Security, we'd like to show special appreciation to the security team at 1 York.

An unfortunate event occurred when an elderly male decided to take his life while the guards were present.

After a text was received on the site cell phone, Timothy Larrea – Supervisor immediately grabbed the medical bags and ran to the terrace.

It was HORRIFIC and we cannot imagine what they must have been experiencing. These guards have been recognized for the actions they took to contact 911, close off the scene, and escalate the calls to both Property Management and Paragon Security.

The night shift that came in afterwards were extremely supportive and helped maintain calm. The guards were a HUGE help as the Fire Department's water connection created a massive water leak and all hands were on deck with mops and buckets. They were also communicating with our clients as various Police Divisions and Special Teams were on scene conducting investigations.

The entire team stepped up and stood out that dark day. We appreciate every single person's part, including our Mobile Supervisor units that attended the site to ensure people got home safe and secure. This photo was taken in the dark but with the light from under the guards to portray their part in brightening each others day after this incident.

#### Excellent work

Paragon would like to recognize long time employee Security Supervisor Jodie Leishman for his quick thinking and decisive action in dealing with an assault response while on duty.



On the afternoon of August 12th, S/S Leishman was dispatched to a disturbance on site, arrived and found the victim pinned by the suspect in a retail space. S/S Leishman entered and verbally engaged with the suspect, drawing his attention away from the victim, allowing him to escape safely. He then escorted the suspect off site, with no further incident.

The patron involved in the occurrence took the time to reach out to Paragon to recognize S/S Leishman's efforts.

"My wife and I are forever and sincerely grateful for Jodie's response. I can attest that Jodie's incredibly rapid response and action prevented me from serious physical injury. He so promptly provided us security, peace of mind and life safety. He protected us and the public."

### A life saved

On Saturday, June 11th S/G Anjanan Tharmarajah was advised of an emergency in the food court while he was on patrol at Vaughan Mills.



S/G Tharmarajah rushed to the area and discovered an elderly patron in obvious distress; she was unable to breathe or speak, was gasping for air, and was beginning to turn blue. S/G Tharmarajah immediately began administering the Heimlich maneuver, dislodging the obstruction and enabling the patron to regain her breath.

She has fully recovered.

Her daughter, who was with her, expressed her thankfulness for the quick actions taken by S/G Tharmarajah.

Photo: S/G Tharmarajah receiving a commendation from Supervisor Alex Pinto