

# THE PARAGONIAN

May 2023



Proudly Canadian

## Allergy Season

A colder start to spring in Canada this year means a potentially tamer introduction to allergy season, but experts warn that as soon as the weather starts to warm, it may bring an explosion of pollen into the air. Allergy season usually follows the trend of tree pollen in the spring, grass in the summer, and ragweed in the fall.

Daniel Coates, Director of the Aerobiology Research Laboratories, predicts that allergy season in Ontario will be shorter because of the cold spring, but pollen levels could increase in May. “(The trees) are sort of holding onto the pollen and as soon as it starts getting warmer, it will let loose. So, we think it will be shorter, but it could be bad for a short period of time.”

According to Statistics Canada, pollen allergies are more common in Canada than any other. In 2017, 27% of Canadians reported having allergies, 40% of those were allergic to pollens or grasses.

According to Health Canada, sneezing, coughing, wheezing, shortness of breath, flushed cheeks, a peeling rash like eczema, and red, itchy, swollen eyes are all symptoms of allergies. Those with allergies may experience persistent symptoms that make it difficult to sleep and concentrate if not treated appropriately. This may have an impact on one's professional success.

As with any other medical concern, consultation with a Pharmacist or your Doctor regarding medication could help lessen the severity of your allergies.

## Brain food!

Futoshiki – Fill in the 5x5 grid with the numbers from 1 to 5 once per row and column, while following the greater than/less than symbols shown.

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Email your answers, name and  
employee number to:

**[newsletter@pplguard.com](mailto:newsletter@pplguard.com)**

by May 17th for a chance to win  
\$100, including your name and  
employee number.

Congratulations to last month's  
winner:

**Sadia Sherief**

## Overdose prevented = A life saved



Harpreet Singh - Rahul Kumar  
Aldrin Olarte - Jervy Sicat

Paragon was proud to present an award to Security Guards Harpreet Singh, Rahul Kumar, and Aldrin Olarte, and Security Supervisor Jervy Sicat for the greatest achievement in a security professionals' career, saving a life.

S/G Olarte was in the Security Operations Center when a radio call describing an unconscious male in the East Concourse Men's Washroom was received. S/G Olarte accompanied by S/G Kumar hurried to the scene to assess the subject while radioing S/G Singh and S/S Sicat to retrieve the first aid kit and attend the location.

S/G Olarte and S/G Kumar arrived on scene and found an unresponsive male within a locked stall, half of his body extending under the stall door. They attempted to wake the male but were unsuccessful. After an initial assessment, S/G Olarte and S/G Kumar were able to determine that the male was exhibiting signs of an overdose.

Moments later S/S Sicat and S/G Singh arrived on scene with a first aid kit containing Naloxone. S/G Olarte administered one dose, but the male continued to be unresponsive. A second dose was administered, and the male awoke.

It is without a doubt that their collective efforts aided in the preservation of life.



## Helping people in need



**Jakub Komadowski - Mohammed Albataineh**  
**Saksham Bamra - Manny Singh**

On the afternoon of January 22, 2023, a patron of Dixie Outlet Mall collapsed suddenly, striking his face on the floor and causing his nose to bleed profusely.

Security Guard Mohammed Albataineh was the first on the scene. He immediately called for back up and the medical bag.

Security Guards Jakub Komadowski, Saksham Bamra, and Manny Singh responded shortly afterwards. The team sprang into action and found that the patient was vital signs absent.

S/G Albataineh provided CPR and used the defibrillator to obtain a heartbeat, while other team members provided crowd control, escorted EMS to the location, and comforted the patient's daughter.

EMS transported the man to a local hospital where he is expected to make a full recovery.

Congratulations; Excellent teamwork!

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the QR code.



## Heros in action



**Andrew Hartley - Nathaniel McNeil  
Mohammed Faqeerzada**

Team Phoenix would like to recognize Shift Supervisor Andrew Hartley, Security Guard Mohammed Faqeerzada, and Security Site Manager Nathaniel McNeil from Atrium on Bay for providing lifesaving measures.

On Monday, January 30th, security discovered an unconscious white male in a bathroom stall. Paragon S/S Hartley and S/G Faqeerzada managed to pull the male out of the stall and immediately began chest compressions. Three nasal spray cartridges of Naloxone were administered but the male remained unconscious. S/S Hartley and S/G Faqeerzada continued to trade off with chest compressions, while the SOC Operator called 911 to have paramedics attend the location.

S/S Hartley and S/G Faqeerzada requested additional assistance and S/M Nathaniel McNeil attended with more Naloxone. The male was found to be breathing but still unconscious with his face and lips turning blue. S/S Hartley and S/G Faqeerzada stopped chest compressions as S/M Nathaniel McNeil administered another dose of Naloxone.

Seconds later, the male regained consciousness. Paramedics arrived at the location shortly thereafter, but the male refused their services and walked to the TTC Dundas subway station. Before the male could exit the property, he was given a verbal trespass due to engaging in prohibited activity while inside the washroom. Security recovered illicit drugs and a syringe from within the washroom.