

THE PARAGONIAN

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Proudly Canadian



Opioid & Overdose Awareness

This month, we would like to shed light on an important topic that affects communities across the nation:

opioid awareness and the use of naloxone. As security professionals our roles extend beyond safeguarding premises. We also have a responsibility to promote safety and support those in need.

Opioid misuse continues to be a significant concern, and it is crucial for us to be well-informed and prepared to respond effectively. Naloxone, a medication that can reverse the effects of an opioid overdose, can be a lifesaving tool when administered promptly. While Paragon continues to work with community partners to ensure a sufficient supply of Naloxone is obtained, you are also encouraged to pick up a free kit from any pharmacy. Each Paragon patrol supervisor vehicle is equipped with a naloxone kit.

By equipping ourselves with this knowledge, we can make a difference and contribute to the well-being of our communities. If interested or required, please contact your team administrator to coordinate training. Let us all play an active role in opioid awareness and saving lives.

Community Engagement

At Paragon, we are committed to protecting and serving our community. Beyond our workplace, volunteering, donating, and engaging with the community offer incredible benefits.

Volunteering cultivates empathy, broadens perspectives, and enhances problem-solving skills. Donating empowers us to contribute to meaningful causes, leaving a lasting impact on society. Engaging with the community builds trust, establishes connections, and promotes a sense of security.

As security guards, we are not just protectors; we are agents of positive change. Let's actively seek opportunities to volunteer, donate, and engage with our communities, creating safer environments and inspiring others to join us.

Please speak with your Service Teams and our HR department to see how you can contribute. Together, we can make a lasting impact and be catalysts for positive change.





Health & Safety Tips

Managing Heat Stress

During the summer months, security guards face an increased risk of heat stress. This condition is typically caused by a combination of high temperature, high humidity, and physical work; with this combination Security Guards are at risk of heat stress including heat cramps, heat rashes, heat fatigue, dehydration, heat collapse, heat exhaustion, and heat stroke

Guards who work outdoors, in areas that are not air conditioned or well-ventilated, or near machinery that produce heat, are at an increased risk.

How to manage heat stress:

Hydrate – Stay hydrated. This will help your body maintain a lower internal temperature. Remember to frequently drink cool water in small amounts, approximately one cup every 20 minutes. Avoid alcohol, coffee, tea, and caffeinated soft drinks as they can cause dehydration.

Exercise – By regularly exercising and improving your overall fitness, you can reduce your risk of heat illnesses. Exercise should be done in a well-ventilated fitness centre or outdoors when a heat advisory has not been issued.

Be Aware – If you have at least one of the following symptoms - headache, nausea, dizziness, blurred vision, mental confusion, flushed face, absence of sweating, hot dry skin, or loss of consciousness, - seek immediate medical attention.

Take Breaks – Avoid areas with extremely high temperatures or that are in direct sunlight. Stay in well-ventilated places, such as an air-conditioned room or a shaded area. When possible, guards should rotate positions in situations where there is a post that is outdoors or in a hot area.



Paragon Security would like to recognize Security Supervisor Olivia Denny and Patrol Guard Isai Lopez who are assigned to Atrium on Bay for providing lifesaving measures.

On March 16, 2023, security was alerted to a female heard screaming and yelling in a public washroom. Upon entry S/S Denny found a female who reported that her male companion was unresponsive in the washroom stall. The male was not breathing, and his lips and face were blue. S/S Denny immediately contacted the Security Operations and requested EMS along with a trauma bag.

While waiting for both, S/S Denny placed the male on his back and slid him out of the bathroom stall. She immediately began CPR compressions. P/G Lopez attended to assist S/S Denny and took over providing CPR.

Once relieved S/S Denny questioned the female to learn that her companion had taken Fentanyl. S/S Denny administered a dose of Naloxone, with no response. A second dose was administered, and CPR was stopped as the male regained conscience.

EMS, Fire, and Police arrived on site. They thanked both for their efforts and support. The male was transported to hospital.



Nominated for the Canadian Security Lifesaver Award

Fabio Dos Santos - Abbygail Letrodo - Rohit Malik - Andrew Hurd

Good Guards are made by Good Guard Companies. Recently, Security Guard Abbygail Letrodo noticed a large crowd gathering in the food court seating area. S/G Letrodo quickly responded and observed an individual who had collapsed on the floor and was exhibiting signs of an opioid overdose

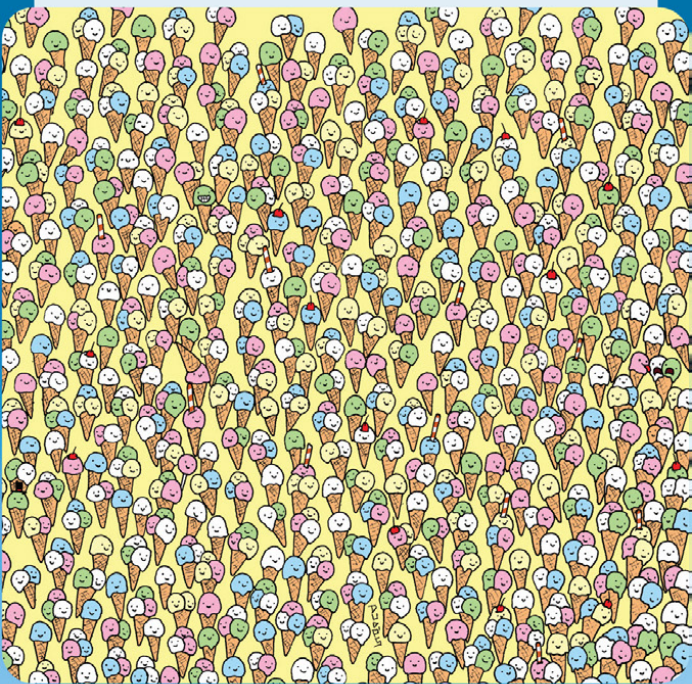
S/G Letrodo quickly notified all other units of the medical emergency and immediately contacted Paramedics for assistance. Security Guards Fabio Dos Santos and Rohit Malik responded with the Security Department's medical kits and began to assist S/G Letrodo to assess the individual.

The team observed that the individual was unconscious and breathing shallowly but were able to detect a heartbeat. After determining that CPR was not necessary, S/G Malik quickly retrieved the naloxone kit and provided it to S/G Dos Santos. S/G Dos Santos then administered two doses to the individual via nasal spray.

After a few tense moments, the individual regained consciousness and fully cooperated with Security while awaiting the Paramedics. The team handled themselves incredibly well and undoubtedly helped to save this individual's life.

This team has been nominated for yet another Canadian Security Lifesaver Association award.

Find The Lollipop



Email your answers, name and employee number to newsletter@pplguard.com by June 15th for a chance to win \$100.

Congratulations to last month's winner: **Alkarim Ladha**

We have an exciting update!

You will receive a confidential Diversity, Equity, and Inclusion (DEI) census survey on June 23rd, 2023. This survey aims to gather information about our workplace experiences and help improve DEI initiatives.



We really appreciate your participation. Your feedback will provide valuable insights for developing action plans to enhance our workplace culture, improve DEI initiatives, and create a more inclusive environment for all.

Please take a few minutes to participate and share your thoughts. If you have any questions, feel free to reach out to our HR team.