

# THE PARAGONIAN

J u l y 2 0 2 3

Happy Canada Day!



Proudly Canadian





## **Celebrating a true hero among us**

We would like to recognize Security Guard Ramkelawan Singh for saving his longtime shift partner Security Guard Sanjeevan Thangarajah, who suffered a heart attack while on-duty on May 21 2023.

S/G Singh saved his life by performing CPR compressions for approximately 20 minutes until the paramedics arrived. During this critical time, S/G Singh effectively engaged bystanders using the surrounding resources to promptly call 911.

S/G Singh's heroic actions demonstrated exceptional competence and dedication as his quick response undoubtedly played a pivotal role in the positive outcome of this critical situation.

He has been nominated for the Canadian Security Lifesaver Association (CSLA) award for his extraordinary actions.

### **Find us online!**

Catch up on back issues  
of the newsletter in our  
online library by following  
the QR code.





## Acknowledging true professionalism

On behalf of Paragon Security and our client, we would like to show special recognition for the Platoon Supervisor from one of our biggest properties in the Financial District; Sivajini Sivararanjan.

She handled matters that required immediate attention with regards to an adverse employee event that took place on site professionally. Her composure during this event was commendable. The tenant's Vice President of Protective Services was very impressed with how she led her team that day, and how she interacted with everyone. Her communication and quick updates to the tenant kept them well informed and safe throughout.

Paragon Security recognizes and appreciates P/S Sivararanjan's actions that day. She began her career with Paragon as a patrol guard and has been promoted through many positions with her sheer determination to be successful. With the right coaching, mentoring, training, and support it's no surprise that a security guard can become a security professional. Good guards are made by good guard companies.



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

At Paragon, we believe that investing in your mental health and equipping Paragonians with valuable skills is essential for your personal development and our collective success. We encourage all employees to actively participate in our mental health awareness training programs and embrace the opportunity to enhance their knowledge and understanding. Please speak with your Team Administrator to enroll.

Additionally, we are thrilled to share that we recently partnered with the renowned Center for Addiction and Mental Health (CAMH) to enhance our customer service and de-escalation skills. The training sessions conducted by CAMH experts are designed to provide our staff with exceptional customer service skills, effective communication techniques, and strategies to de-escalate challenging situations.

We encourage all employees to take advantage of these enriching opportunities and participate wholeheartedly in our mental health awareness training, as well as our customer service and de-escalation initiatives. Your active involvement will not only contribute to creating a supportive work environment but also help foster a culture of empathy, understanding, and continuous improvement.


Remember, by investing in your well-being and professional development, you are not only empowering yourself but also strengthening our collective success as a team. Together, let's embrace these initiatives and grow personally and professionally.







## Safety Around Stinging Insects



The best way to avoid being stung is to be aware of insects and stay away from them. If you can, leave the area. If there is a traveling swarm, it is likely they will leave in a few days.

Look around a site before you start work for any signs of a hive or nest. If you see a lot of flying insects, check whether they are coming and going from the same spot. If so, it's probably a nest or food source.

Tips for working near stinging insects.

**Stay calm:** If a stinging insect is flying near you, try to remain calm and avoid sudden movements. Insects are more likely to sting if they feel threatened or agitated. If you must, walk away slowly or gently “blow” them away.

**Stay still if a stinging insect is nearby:** If an insect lands on you, try to stay still and remain calm. Slowly and gently brush it off without swatting or flailing your arms, as this can agitate the insect, increasing chances of getting stung.

If you disturb a nest and hear “wild” buzzing, use your hands to cover your face and leave the area immediately. Find shelter in a closed car or building, ensuring to enter in a way that keeps them out.

All stings hurt – a normal reaction is redness of the skin, swelling, severe itching, and burning or stabbing pain. Application of ice, anti-itch cream and/or an antihistamine can reduce the effects. Watch for signs of allergic reaction.

If you see signs of allergic reaction, or you are not sure, call emergency services immediately. Also, get medical help if the sting is near the eyes, nose, or throat.

Stay with the person who has been stung to monitor their reaction.

Remember, stinging insects play an important role in the ecosystem, it's generally best to avoid killing them unless they pose an immediate threat to your safety.



How many times does the word  
"PARAGON" appear in this puzzle?

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | N | N | O | G | A | R | A | P | A | R | A | G | O | N |
| G | O | O | O | N | O | N | O | G | A | R | A | P | O | O |
| P | G | G | N | O | N | N | O | P | A | R | A | G | O | N |
| A | A | A | O | O | O | O | O | G | R | A | A | O | O | N |
| R | R | R | N | O | G | G | P | A | A | R | A | A | P | A |
| A | A | A | P | A | R | A | R | A | A | R | A | P | A | R |
| G | P | P | A | R | A | R | R | P | R | N | A | A | R | P |
| O | A | O | R | A | P | A | R | A | O | A | N | P | A | R |
| N | O | G | A | R | A | P | A | G | P | N | G | R | G | N |
| O | N | O | G | P | A | R | A | G | O | N | A | O | O | O |
| G | O | N | O | P | A | R | A | G | O | G | O | G | N | G |
| A | G | P | N | P | A | R | A | G | O | N | A | O | P | A |
| R | A | A | N | P | A | R | A | N | O | R | A | P | N | R |
| A | R | N | O | G | A | P | A | R | A | G | O | N | O | A |
| P | A | O | G | P | P | A | N | P | A | R | G | O | N | P |
| A | P | G | A | R | A | P | N | O | G | A | R | A | P | A |
| R | A | A | R | N | R | R | N | N | G | G | A | R | A | P |
| A | R | R | A | O | A | O | A | O | O | A | A | A | R | A |
| G | A | A | P | G | G | N | A | G | G | O | R | A | R | R |
| O | G | P | A | A | O | O | R | A | O | O | A | A | A | A |
| N | O | A | R | R | N | G | A | R | N | N | N | R | P | G |
| O | N | A | A | A | O | A | P | A | R | A | G | O | N | O |
| A | P | R | G | P | A | R | A | P | A | R | A | G | O | N |
| R | A | A | N | O | G | A | R | A | P | A | R | G | O | N |
| N | O | G | A | R | A | P | A | R | A | G | O | N | O | G |

Email your answers, name and employee number to:

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

by July 12th for a chance to win \$100.

Congratulations to last  
month's winner:

**Erin Gunn**

[www.paragonsecurity.ca](http://www.paragonsecurity.ca)