

THE PARAGONIAN

S e p t e m b e r 2 0 2 3



Proudly Canadian



In the fast-paced world of security, we often find ourselves dedicated to protecting others, but what about safeguarding our own well-being? It's time to shine the spotlight on "you."

Your dedication is unparalleled, and it's essential that you remember to recharge your own batteries. We believe that nurturing your physical, emotional, and mental health is pivotal to sustaining excellence in your roles.

Explore wellness workshops

From mindfulness sessions that alleviate stress to fitness classes that invigorate, we encourage you to explore workshops that will empower you to find balance.

Knowledge Is self-care

Access resources that enrich your understanding of well-being. Our learning library is stocked with literature that encourages personal growth. Paragon courses such as Mental Health Awareness and De-escalation Strategies are designed to assist our employees with challenging scenarios while in the workplace.

Community and support

Connect with your colleagues through team-building events and peer support groups. Sharing experiences fosters a sense of belonging.

Remember, a well-cared-for guard can provide the best protection. Let's embark on this journey of self-care together. At Paragon Security, our commitment to your well-being is as unwavering as your dedication to keeping others safe.



Safety Moment

Hey Paragonians! It's that time of year again....Back to School! And safety begins with you! So here are a few tips to help everyone stay safe during the school year:

Have time on your side. The number one thing we can all do to be safer is give ourselves enough travel time to get to our destination, so we don't have to rush.

While driving. Remember that distracted driving is any activity that lessens your focus on the road. Let your calls go to voicemail and don't text, use apps, or read emails. Checking a text for only five seconds means that at 90 kilometres per hour, you've traveled the length of a football field blindfolded.

Slow down. Remember to slow down when driving through school zones and watch for children trying to cross. School zone speed limits can vary by location and time of year, so learn the rules for your community to help keep the roads safe.

Other Tips:

Drivers should wait until pedestrians and crossing guards are safely on the sidewalk before driving on.

Don't drop off and pick up your kids on the opposite side of the street.

Keep an eye out for children darting out from between parked cars.



Dispatch Team Lead Lilly Araujo, and Coordinators Harmandeep Kaur and Scott Ogino.



Campus Patrol Guard Harpreet Kaur, Campus Team Lead Suhas Vemuganti.

Helping People in Crisis

On July 27th at Conestoga College's DTK Campus one of the students became unconscious.

The Professor contacted the emergency phone number, which was answered right away. The person on the phone knew exactly what to do. She started to take all relevant information and simultaneously dispatched the security personnel to the classroom. She was calm, her instructions were unambiguous, and she had excellent communication. While I was on the phone with her, in less than one minute, a security person walked into the classroom well-equipped with an emergency aid kit.

The security person who attended to the unconscious student was calm and composed. He was well-trained and professional. He cleared the classroom and started first aid. He instructed all students in a clear, calm, and professional manner. After the unconscious student regained consciousness, he took the student to the first aid room and stayed with them to check their health status, comfort him, and provide support as required.

This Professor wished to take a moment to appreciate our security team's very well-orchestrated medical emergency response.

It was a perfect example of cooperation between Conestoga College Dispatch and the campus staff. The team's fantastic work deserves acknowledgement and appreciation.



Guard of the Month

On behalf of our client, a large property in the Financial District core of downtown Toronto, and the Paragon Security Management of Team Blue, we would like to congratulate Jaipreet Singh Gill for being chosen “Guard of the Month”.

After a long and grueling July, during some of which S/S Gill functioned as Acting Supervisor, we are pleased to announce that he will be permanently installed as the Shift Supervisor for one of the Platoons.

During this trial period, S/S Gill handled an arrest, multiple fire alarms, and numerous other issues that arose on his shifts. He handled them all with professionalism and pride. His motivation and dedication have not gone unnoticed as his team works strategically and diligently.

Thank you for representing Paragon Security, the way you do. It shows that given the right tools and resources, we hire people to go from security guards to industry professionals.

Mosquitoes can bite at any time of the day but tend to be more active between dusk and dawn. If you can, limit your outdoor activities during this time.

- Use a fly swatter
- Use an approved insect repellent with a PCP registration number on the label.
- Use mosquito netting when sleeping outdoors or in an unscreened structure.
- Wear long pants and sleeves, as well as shoes and socks if you're going to be outside when mosquitoes are most active.
- Remove sources of standing water



Which shape(s) contain more white than black?

A



B



C



D



E



F



Email your answers, name and employee number to:
newsletter@pplguard.com

by September 20th for a chance to win \$100.

Thank you for participating in last month's challenge. There were multiple correct responses so a single answer cannot be shared. Congratulations to last month's winner:

Fernan Sta. Cruz

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