

THE PARAGONIAN

October 2023



Proudly Canadian

Compassion, teamwork, and training save a life



Isai Lopez



Jordan Bennett

On August 16, 2023, Paragon Security Shift Supervisor Isai Lopez was called to attend the exterior of the Footlocker tenant space at Atrium, as there was an unresponsive unknown female on the floor.

Paragon Security Senior Supervisor Jordan Bennett also attended the location with a first aid medical bag. A 911 emergency call was placed for Toronto Paramedic Service to attend the location. Meanwhile, S/S Lopez and S/S Bennett quickly assessed the female and placed her in the recovery position.

S/S Lopez administered the first dose of Naloxone, and the female began to move her legs and started spitting/coughing. At this time the female regained normal breathing.

When Emergency Services arrived at the location, they checked the female's vitals. The paramedics quickly placed the female on a gurney and placed her inside the ambulance. Before clearing from the location, Toronto Fire Department and the Toronto Paramedic Service commended security for their quick response.

Both S/S Lopez and S/S Bennett have been nominated for a Canadian Security Lifesavers Association award.

De-escalation success



Thank you to our guards at Niagara College in Niagara-on-the-Lake for saving a life and skillfully de-escalating a critical situation, helping a student in need.

left to right: Security Guard Davinderjyot Singh,
Security Guard Sukhjot Singh Buttar,
and Site Supervisor Matthew Allan.



Cameron McMurray

**"providing
lifesaving
measures"**



Nicholas Lacquaniti

Paragon would like to recognize Security Guard Cameron McMurray and Security Supervisor Nicholas Lacquaniti from Upper Canada Mall for providing lifesaving measures.

While S/G McMurray was on an exterior patrol he was alerted by bystanders to a unresponsive male. Upon arrival, he noted a used crack pipe beside the male and was able to quickly determine that the male had overdosed.

S/G McMurray placed the male in the recovery position as a bystander called 911. He requested back up from his team and S/S Lacquaniti attended.

The male was not breathing and there were no chest movements. Immediately, S/G McMurray started CPR compressions. After 3 rounds of 30 compressions, S/S Lacquaniti administered Naloxone.

Upon arrival of Emergency Services, a second dose of Naloxone was administered. Fire and EMS took control of scene and transported the male to a local hospital.



WARNING

**When ascending and descending
the stairs
avoid an accident by:**



- 1. Maintaining 3 points of contact**
- 2. Never jump off stairs**
- 3. No running at any time**
- 4. One step at a time**
- 5. Ensure the stairs are clear**

Every step you take

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, same as 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 should always have three extremities supporting you, referred to as the “3 Points of Contact”. 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 banisters (like nails or splinters), should be reported immediately. Also, any spills, wet spots, or debris should immediately be cleaned up.



Thriving on nights

Working night shifts can be challenging. Essential tips to help you excel include:

Prioritize Sleep: Keep a consistent sleep schedule and set your bedroom up in a way that will allow quality rest.

Healthy Eating: Plan balanced meals and stay hydrated for sustained energy during night shifts.

Stay Active: Incorporate exercise before your shift for increased alertness.

Light Exposure: Use bright lights during work for improved alertness and dim them closer to your scheduled sleep time to encourage your body to rest.

Smart Snacking: Choose nutritious snacks like fruits, nuts, and yogurt to stay energized.

Limit Vices: Avoid alcohol and tobacco close to bedtime to enhance sleep quality.

Consider Supplements: Consult a healthcare professional before trying supplements like melatonin or magnesium.

Plan your personal time: Ensure you have planned your leisure activities and errands in advance, which will allow you to manage your down time and stick to your sleep schedule.

Prioritize your health while working night shifts. These tips can help you maintain balance.

How many faces do you see?



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

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

Congratulations to last month's winner:

Neculai Valienatos

The correct answer was 'F'.

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the QR code.



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