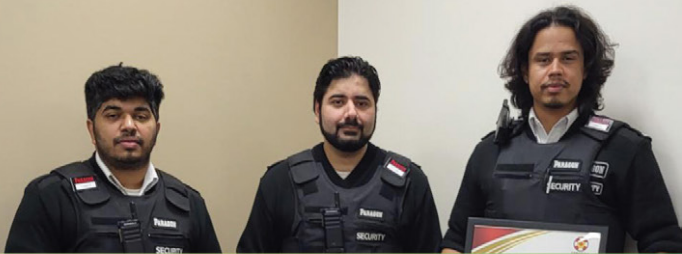


THE PARAGONIAN

April 2024



Proudly Canadian



Three Heroes

Vivek Varghese · Jagdeep Parma · Vinay Kundo

Kudos to Assistant Supervisor Jagdeep Parma and the Conestoga Mall security team for their quick response to a medical emergency!

Their prompt action, including administering emergency first aid, played a crucial role in ensuring the individual's well-being.

Join us in congratulating these heroes!



Just in time

Anita Cortese (client) · Teodoro Jauch Benavides · Hector Valenzuela (client)

On Thursday, November 9th Albion Centre Security Supervisor Teodoro Jauch Benavides was conducting regular patrol duties near The Albion Cinema. A patron approach S/S Jauch, to inform him that a patron was sleeping in a stall of the men's washroom in the Food Court.

S/S Jauch attended the area and noticed that the individual was laying facedown on the floor. He knocked and identified himself to the individual as security, but there was no response. S/S Jauch instructed Security Guard Prince Bhalla to obtain the medical equipment from the security office and contact emergency services.

S/G Bhalla arrived with the equipment while talking to EMS on the phone. S/S Jauch pulled the individual into the middle of the washroom, checked for vital signs, and commenced CPR when it was noted that vital signs were absent.

EMS arrived minutes later and attached an AED. Minutes later S/S Jauch was advised to stop chest compressions and doses of Narcan were administered. The patient slowly regained consciousness and was transported to the hospital for further treatment.



Prabhvir Sidhu



Amrit Sidhu



Harjot Malhi



Mary Thorp

The Security team at Bramalea City Centre



Arogya Thapa



Anmol Dhillon



Kirandeep Virk



Stephen Mendonca

LIFE SAVED

Paragon would like to thank the security team at Bramalea City Centre for everything they do to keep the community safe. This includes one story we recently heard when security attended the Hudson's Bay for a reported unconscious elderly female who was not breathing.

Upon arrival, security observed that no vital signs were present, and immediately began CPR. Additional security personnel arrived with an AED and Emergency Services were contacted. Several rounds of CPR and the patient was shocked three times, as advised by the AED, prior to the arrival of Brampton Fire and Emergency Medical Services.

Care was transferred to Brampton Fire who performed additional rounds of CPR. EMS transported the patient to Brampton Civic Hospital, and Peel Regional Police later advised that the female was in stable condition and is likely to survive thanks to their actions.

Those pictured above are only a fraction of the professional team in place at Bramalea City Centre.



Securing a Greener Future

Security guards are instrumental in fostering a more environmentally conscious workplace, particularly at job sites where our clients prioritize recycling and energy conservation programs. Our guards actively participate in and often facilitate these initiatives, demonstrating a commitment to sustainability. Here are several tips assist our clients, their tenants, and our communities with their Green initiatives:

- Conserve energy by turning off lights and other non-essential electronic devices when not in use.
- Encourage recycling by ensuring there is clearly labeled bins for paper, plastic, glass, and other recyclable materials at the security desk.
- Reusable items such as water bottles, coffee mugs, and lunch containers reduce waste.
- Educate co-workers and tenants about the importance of environmental sustainability, your client's green goals and initiatives and how they can contribute.
- Support local environmental initiatives and volunteer opportunities to give back to the community and protect natural resources.
- Consider alternative transportation options such as carpooling, biking, or using public transit to reduce greenhouse gas emissions from commuting.

By implementing these tips and encouraging green practices, we can work together to create a more sustainable workplace and contribute to a healthier environment for future generations.



Emergency Kit

Everyone should have an Emergency Kit that contains basic supplies you can survive on if there is a power outage, you no longer have access to running water or other necessities, or you must shelter in place – think “Camping at Home”.

After assembling your kit, remember to maintain it so it’s ready when needed. Replace expired items and re-evaluate your needs at least once a year – update the kit as your needs change.

Since you do not know where you will be when an emergency occurs, you should prepare multiple emergency kits.

Home: Ensure the kit is easy to carry. Keep it in a designated place, so every member of your household knows where it is. Have it ready in case you need to leave quickly. This kit should contain supplies for each member of the family for up to a week, don’t forget your pets.

Work: Be prepared to shelter at work for at least 24 hours. This kit should include food, water, and other necessities like medicine; store this in a “go” bag.

Car: Keep a kit of emergency supplies in your car in case you are stranded.

Items to Include:

- Four litres of water per person (or pet) per day
- Non-perishable food with a manual can opener
- First aid kit and medications
- Flashlight
- Battery-powered or wind-up radio
- Extra batteries and chargers
- Special needs and personal toiletries (infant formula, etc.)
- Spare keys
- Cash (especially smaller bills)
- Your emergency plan (including important documents)
- Pen and notepad



The Elevator

There are six people in an elevator. The sum of all six of their ages is 190 and the median age is 22. From youngest to oldest, the names of the people in the elevator are Ashish, Brook, Callista, Dipak, Enid, and Freyja.

The elevator stops and Ashish and Enid get off. The mean (average) age of the remaining four people in the elevator is then 30. The elevator then stops again, and Brook and Callista get off. The mean age of the remaining two people in the elevator is then 40.

If Ashish is 18 years old, and each person's age is a different positive integer, how old is Freyja?

To enter the draw for a chance to win this month's contest - please submit your circled answers, along with your name and employee number by April 17th to:

newsletter@pplguard.com

Congratulation to last month's winner
Romely Jaen

www.paragonsecurity.ca

