

# THE PARAGONIAN

September 2024



Proudly Canadian



Dear Paragon Security Team,

At Paragon Security, we know that our strength comes from supporting one another and staying connected with the resources available in our community. Whether you are a guard on the frontlines or someone looking for support in the Greater Toronto Area, here is a list of external resources and community groups that provide valuable services:

### **1. Mental Health and Crisis Support**

**Toronto Distress Centres:** Offers 24/7 crisis support for individuals in distress.

Phone: 416-408-4357 (HELP)

**Gerstein Crisis Centre:** Provides 24/7 crisis services, including mobile support teams.

Phone: 416-929-5200

**CAMH (Centre for Addiction and Mental Health):**

Resources for mental health support, addiction treatment, and crisis intervention.

Phone: 416-535-8501

### **2. Employment and Financial Assistance**

**Toronto Employment & Social Services:** Provides job search assistance, financial aid, and employment services.

Phone: 416-338-8888

**211 Toronto:** A free helpline that connects individuals to social, health, and government services in the GTA.

Phone: 211

### **3. Health and Wellness Resources**

**Health Services for Uninsured Residents:** Provides medical support for those without insurance coverage.

Find a clinic: Toronto Public Health - Health Services Website

Good2Talk: A confidential helpline for post-secondary students providing mental health support.

Phone: 1-866-925-5454

### **4. Food Security and Shelter**

**Daily Bread Food Bank:** Provides food support and referral services for those in need.

Phone: 416-203-0050

**Fred Victor:** Offers emergency shelters, housing support, and food services.

Phone: 416-364-8228

**Covenant House Toronto:** Provides shelter and support for homeless youth, including counseling and job training.

Phone: 416-598-4898



## Life saving actions

On the evening of Thursday, April 18, 2024, security received a call from an employee from the onsite Tim Horton's. The employee reported one of their colleagues had fainted and lost consciousness.

Assistant Supervisor Kunwarpreet Singh Tanda arrived on scene and instructed bystanders to call 911 and grab the nearby AED. After checking the casualty's vitals, A/S Tanda and Security Guard Bikramjeet Singh began CPR.

A/S Tanda and S/G Singh continued CPR until EMS arrived on site. At that time, the patient had a faint pulse and had regained consciousness, but was breathing irregularly. The patient was taken to hospital by EMS for further assessment.

Both A/S Tanda and S/G Singh were nominated for the Canadian Security Lifesaver Award.

Pictured left to right: Gaurav Anand, Bikramjeet Singh, Alex Prestes, Kunwarpreet Tanda, and Abdel Qa'aty.







## Professionals working together

An incident occurred on August 18th, at one of our college campuses, where a student who had made a threat was arrested by local police enforcement.

Our dedicated security professionals managed the incident with the utmost precision and professionalism. Thanks to their quick thinking and seamless coordination, a potentially dangerous situation was swiftly contained, ensuring the safety of everyone on site.

Their unwavering commitment to safety and preparedness truly shone through in a moment that could have had serious consequences. We are incredibly proud of our team for their exceptional work and for keeping everyone safe.

Pictured: Lilly Araujo, Keeleigh McMurtrie, Ava Deutschmann, Muhammad Shehryar

Missing: Jaideep Singh, Siddharth Yadav

## Huge Thank You to Our Team at Atrium on Bay.

We are beyond proud of our exceptional staff for their actions and life-saving measures. On Monday, July 22nd a tenant fell from his bicycle while leaving the property parking area. During the fall, the tenant cut an artery in their leg.

Security Guards Kartik Nair and Jordan Bennett attended the location with the medical bag, and dressed the wound to prevent further bleeding until EMS arrived.

Their quick thinking and dedication have made a tremendous impact, preventing a potentially tragic situation.

Both team members have been nominated for the prestigious CSLA Award! Join us in celebrating these true heroes and their remarkable achievement!

# SAFETY

at every step!

1. Maintain 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

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 for just as long. The vast majority of stairway falls result from a loss of balance.

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 “racket grip” at all times.

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 bannisters (like nails or splinters), should be reported immediately. Also, any spills, wet spots, or debris should be cleaned up immediately.

# Find 10 differences!



3	1	5	4	2
2	5	3	1	4
1	2	4	3	5
5	4	1	2	3
4	3	2	5	1

Congratulations to last month's winner

**Navavinothan  
Kathirkamanathan**

Send your answer to  
[newsletter@pplguard.com](mailto:newsletter@pplguard.com)  
by September 20th for your  
chance to win \$100.

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