

THE PARAGONIAN

November 2024



Proudly Canadian



Hero saves toddler

Christian Parrish

On Sunday, September 29th security received a phone call from a mall patron about an unresponsive toddler experiencing a medical emergency inside the main area of the mall.

Upon arriving at the scene, security quickly assessed the situation and found the toddler unresponsive and not breathing. Recognizing the critical nature of the emergency, Security Guard Christian Parrish promptly initiated CPR, following all necessary emergency protocols. His swift and decisive actions successfully revived the child, who regained consciousness shortly after.

While continuing to monitor the child's condition, security immediately contacted EMS, who arrived on-site within minutes. By the time paramedics assumed care of the situation, the child was conscious and breathing. EMS then transported the toddler to the hospital for further assessment and treatment.

In recognition of Christian Parrish's quick thinking, exceptional professionalism, and courageous actions in a life-threatening situation, we are proud to nominate him for the Lifesaver Award. His bravery and commitment to protecting the safety and well-being of the public were instrumental in saving a life that day, and we are truly grateful for his heroic efforts.



Teamwork to the rescue

Jeffrey Arce - Jervy Sicat - Sethumadhavan Sajeev

While on routine patrol at Atrium on Bay in Toronto, Security Guard Sethumadhavan Sajeev noted an unresponsive male laying on the ground. He immediately requested assistance.

His partner Security Guard Jeffrey Arce attended along with Jervy Sicat, Shift Supervisor who arrived carrying a trauma bag.

The male was unconscious and unresponsive, and was noted to be in a kneeling position on the ground. S/G Sajeev and S/G Arce placed the male in the recovery position. Further assessment noted he had shallow breathing and that his face and lips were blue.

EMS was contacted. As they ascertained that the male had overdosed, S/G Sajeev administered one dose of Naloxone. The male was still unresponsive, so he began CPR compressions. While doing so S/S Sicat administered a second dose.

The male regained regular breathing patterns and slowly regained consciousness. At the same time EMS arrived and thank the team for their quick response. The male refused to attend the hospital

The Role of 211

Supporting Vulnerable Communities Through Cold Weather



As winter sets in, those experiencing homelessness face heightened risks from the cold. Exposure can lead to severe health issues, including frostbite and hypothermia. It's a challenging time, making community support essential.

How 211 Can Help

211 connects individuals with critical resources, such as:

- Emergency shelters and warming centers for a safe place to stay.
- Food programs for access to meals and groceries.
- Health services for medical and crisis support.

How You Can Make a Difference

You can help your community by:

- Donating winter essentials like coats, gloves, and blankets.
- Volunteering at shelters or outreach programs.
- Sharing 211 information to ensure people know where to find help.

Community Resources to Know

Stay aware of local cold weather alerts, shelters, and outreach efforts, which provide vital services during dangerous temperatures.

Together, we can help keep everyone safe and warm this winter.



Fall Back!

Daylight Saving Time ends on November 3rd.

When Daylight Saving Time ends, people wake one hour later than normal, and begin and complete daily work routines later. This means less daylight. It also means that we need to take some precautions to stay safe and prepared for the colder months ahead.

- Be patient and allow yourself time to adjust.
- As daylight hours shorten, it makes it harder to see on our roads – be aware of posted speed limits and watch for pedestrians and cyclists, especially when turning
- Put on your winter tires, which are designed for cold climates and offer enhanced traction – giving a better grip on roads and reducing braking distances
- Winter clothing essentials are a must-have if spending time outdoors during the colder months – dig them out of storage
- If travelling as a pedestrian outside of daylight hours, remember that bright and light colours are more visible
- If the dark, cold days impact your mood try to spend some time outdoors during the bright daylight hours

Workplace injuries increase when workers' reaction time and awareness are decreased from being fatigued. Taking the time to prepare yourself mentally and physically before the time change will reduce your feelings of stress. Encourage your family to do the same.

Riddle me this...

1. A tree doubled in height each year until it reached its maximum height over the course of ten years. How many years did it take for the tree to reach half its maximum height?
2. Ask this question all day long, but always get completely different answers, and yet all the answers will be correct. What is the question?
3. Four cars come to a four-way stop, each coming from a different direction. They can't decide who got there first, so they all go forward at the same time. All four cars go, but none crash into each other. How is this possible?
4. A man goes out for a walk during a storm with nothing to protect him from the rain. He doesn't have a hat, a hood or an umbrella. But by the end of his walk, there isn't a single wet hair on his head. Why doesn't the man have wet hair?

Last month's answer

$$\begin{array}{r} \boxed{12} + \boxed{24} = \boxed{36} \qquad \boxed{4} \\ \div \qquad \div \qquad \qquad \qquad + \\ \boxed{8} - \boxed{4} = \boxed{4} \qquad \boxed{33} \qquad \boxed{23} \\ \times \qquad = \qquad = \qquad \div \qquad = \\ \boxed{7} \qquad \boxed{6} \qquad \boxed{9} \times \boxed{3} = \boxed{27} \\ = \qquad \qquad \qquad = \qquad \qquad \qquad \\ \boxed{56} \qquad \boxed{20} - \boxed{9} = \boxed{11} \qquad \boxed{3} \\ \qquad \qquad + \qquad \times \qquad \qquad \qquad \times \\ \boxed{84} \div \boxed{12} = \boxed{7} \qquad \boxed{13} \\ \qquad \qquad = \qquad = \qquad \qquad \qquad = \\ \boxed{32} \qquad \boxed{63} - \boxed{24} = \boxed{39} \end{array}$$

Congratulations to last month's winner

Michael Soo

Send your answers, along with your name and

licence number to

newsletter@pplguard.com

www.paragonsecurity.ca