

THE PARAGONIAN

May 2025



Proudly Canadian



Going the Extra Mile

Ryan Hall

Ryan Hall's dedication to his role as a security professional was evident when he went above and beyond his usual patrol duties at 85 Yonge. The building, which was temporarily rented out, had been vacated for the night, but Ryan decided to conduct an additional check.

During his patrol, he discovered multiple space heaters left on with no one present. Recognizing the potential risk, he acted quickly - turning off all heaters, ensuring no issues had already occurred, and promptly updating the necessary parties.

Ryan's attention to detail and proactive approach prevented a possible hazard, demonstrating his commitment to safety and excellence. His efforts did not go unnoticed, and his dedication is truly commendable. Congratulations, Ryan!



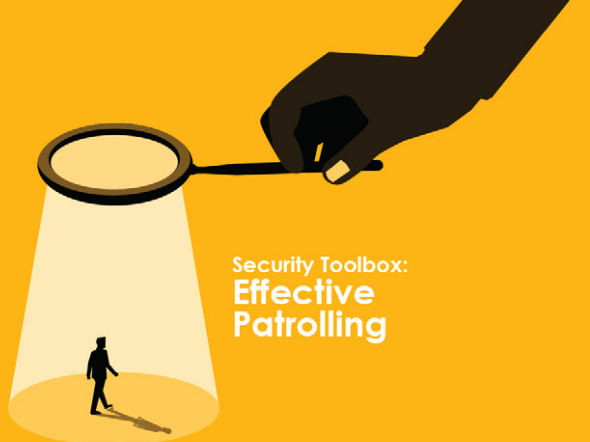
Kindness and professionalism

Richard Gomez

Campus Security Operative Richard Gomez responded to a call where a female student was encountering a crisis at Centennial College. Thanks to S/G Gomez's fast reaction and critical thinking abilities he successfully controlled the situation and confined the incident.

S/G Gomez maintained his professionalism and was able to secure the safety not only to the female student, but the college community in the surrounding area all while remaining calm. He effectively utilized his training and experience to ensure there was a positive outcome for all parties involved.

So please join us in congratulating Richard on his exemplary service providing confidence, critical thinking and professionalism with Paragon Security and Centennial College's community.



Security Toolbox: Effective Patrolling

Effective patrols are key to maintaining a safe, secure environment—but to truly add value, they must be detailed, consistent, and well-documented. Accurate reporting supports investigations, ensures accountability, and builds client confidence.

Five tips for effective patrol reporting:

- 1. Be Specific** – Note exact locations, conditions, and unusual findings. Avoid vague terms.
- 2. Use Time Stamps** – Record exact times for checkpoints and observations to create a clear timeline.
- 3. Include Photos** – Visual evidence strengthens documentation and helps resolve concerns when reviewing incidents.
- 4. Report Routine Checks** – Regular entries show consistent coverage and attention to duty.
- 5. Vary Your Routine** – Small changes in timing or route improve alertness and reduce predictability that could be exploited.

Stay alert during patrols. Look for signs of forced entry, tampering, broken locks, or anything that seems out of place. Trust your instincts—if it feels wrong, document it and notify the appropriate parties. Staying sharp and observant is key to preventing incidents.

Patrolling is more than covering ground—it's about spotting risks, staying vigilant, and creating a clear, verifiable record. Your reports not only help prevent incidents; they also reflect your professionalism and dedication.

We understand that patrolling can be demanding, but your attention to detail matters. Your commitment to detailed reporting not only ensures safety but also builds trust with clients. Thank you for your hard work and dedication to maintaining security.



Mental Health

Our capacity to think effectively, form relationships, work productively, and find joy in life depends on maintaining good mental health. Individuals who maintain mental health demonstrate self-awareness and resilience while successfully managing life's difficulties. Promoting and protecting mental wellness is a shared responsibility—for individuals, communities, and society.

Knowing how to respond during a mental health crisis significantly helps the person affected.

Stay Calm

Approach with empathy and without judgment.

Listen Actively

Let them share their thoughts and feelings.

Offer Support

Encourage professional help and assist finding services.

Ensure Safety

If there is immediate risk of harm, call 911 right away.

Remember

Reaching out is a sign of strength. There are resources ready to help anytime – day or night. Immediate support is available if you or someone you know is experiencing a mental health crisis:

911: For immediate emergencies requiring police, fire, or medical assistance.

9-8-8 Suicide Crisis Helpline: For anyone thinking about suicide or worried about someone who is, call or text 988, available 24/7 in English and French.

Kids Help Phone: For youth in distress, call 1-800-668-6868 or text 686868 for 24/7 support.

ConnexOntario: For help finding mental health, addiction, and crisis services: Call 1-866-531-2600 or visit www.connexontario.ca

You are not alone - help is just a call or text away.

May Riddles

I'm a Monday off, a royal affair,
With fireworks bursting in springtime air.
I honor a queen, though she's long gone,
Yet with me, summer feels like it's on.

What day am I?

In winter I sleep, in spring I rise,
With green in my hair and blue in my eyes.
I bring longer days and skies that are clear,
I'm one of four but loved this time of year.

What season am I?

I'm not a whisper, but I'm soft and sweet,
With petals where sun and soil meet.

In May I thrive, in beds I lay,
A painter's dream in bright array.

What am I?

Submit your answer, name and employee number by
May 14th for your chance to win the \$100 prize draw.

newsletter@pplguard.com

Congratulations to last month's winner

Garvita Solanki

The correct answer to last month's challenge
The six words hidden in the Rainy Days picture were:
Wet, Damp, Showers, Clouds, Puddle, Storm

Safety & Health Week

Together
we can create
safe workplaces
and **communities**

MAY 5-10 2025

#SafetyAndHealthWeek

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