

THE PARAGONIAN

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Proudly Canadian



Team Responds Swiftly to Medical Emergency at Fresh Market

On May 16th team members Security Guard Ibrahim Khokhar together with Security Guard Neel Mehta and Security Guard Cassandra Lopes handled a medical emergency professionally and attentively at Fresh Market in Square One. First-degree burns sustained by a female customer during a kitchen accident caused an immediate request for help.

The three security guards swiftly used the available first aid supplies to treat the injuries and deliver prompt relief. They showed compassion and maintained a calm conversation with the injured woman while waiting for paramedics to arrive, helping to reduce her distress. Through their effective coordination and mutual support, they managed the situation with both efficiency and empathy.

The team's response reduced injury risks and ensured the customer obtained prompt medical care. These actions demonstrated their dedication to maintaining safety standards while working together to provide top-notch care during unexpected conditions.

The notable efforts of S/G Khokhar, S/G Mehta, and S/G Lopes deserve our praise for representing our everyday organizational values.



Courage in Action at Aura

Our Aura security team members Security Guard Adenewe Thilanun and Security Guard Yogesh Kumar demonstrated exceptional bravery and quick decision-making during an emergency, and we are extremely proud to recognize them.

A homeless person ignited a printer fire that developed dangerously close to our building's natural gas pipeline. S/G Kumar immediately analyzed the emergency while S/G Thilanun rapidly retrieved an extinguisher with which he extinguished the fire and stopped it from escalating.

The combined calm and decisive actions of the responders successfully prevented a potentially disastrous event from occurring. Their combined efforts and bravery ensured protection of both the property and, most crucially, the safety of all people.

Your commitment and quick thinking during the incident set a powerful example of inspiration. Your behavior demonstrated safety principles which makes us proud to work alongside you.

ergonomics

Staying Comfortable
on the Job



Security guards endure extended hours switching between standing and sitting, which can lead to physical strain. Implementing effective ergonomic practices reduce tiredness while protecting against injuries and sustaining alertness. Some practical tips:

1. Proper Standing Posture

- Keep your feet shoulder-width apart to distribute weight evenly.
- Avoid locking your knees - keep them slightly bent.
- Shift your weight from foot to foot at intervals of no more than 15-20 minutes.

2. Sitting Ergonomics

- Adjust your chair height so your feet can rest flat on the floor.
- Sit back fully in the chair to support your lower back.
- Keep knees at or slightly below hip level.
- Take short breaks to stand and stretch every hour.

3. Lifting and Carrying

- Bend at the knees and keep your back straight when lifting equipment or supplies.
- Keep the load close to your body.
- Ask for help if the object is too heavy.

4. Movement Breaks & Stretches

- Regularly perform basic stretches such as neck rolls, shoulder shrugs, and wrist stretches to ease muscle tension.
- Take brief walks to help improve blood circulation.
- Avoid staying in the same position for hours at a time.

5. Equipment

- Ensure communication devices remain within easy reach and operation.
- Use a comfortable, adjustable chair.
- Position items you use often within easy reach to prevent stretching too far.



Your safety is important to us. As we celebrate Injury Prevention Month, we would like to share simple habits that can help keep you safe. Security guards face various physical demands throughout their shift. Remain attentive and practice safe behaviour to prevent injuries.

Stay Aware: Stay mentally engaged. Watch for areas that could pose a risk such as a wet floor, a dangling cord, or poor lighting. Early awareness prevents accidents.

Move with Intention: Whether walking a patrol or climbing stairs, avoid rushing. Use handrails, if they are available. Be careful when moving over rough terrain to prevent falls.

Check Your Gear: Inspect your footwear and uniform before each shift. Wear comfortable shoes with non-slip soles; these will decrease your fatigue and make you less likely to slip.

Speak Up: Report potential hazards immediately. Quick action helps protect you and your team.

Ergonomics help to decrease your strain and fatigue, injury prevention requires maintaining a habitual alertness and practicing safe behaviors. Your awareness and actions help maintain a safer environment for all.

**Thank you for being
a key part of our
safety-first culture.**

SUMMER BINGO

Take a selfie wearing sunglasses on duty (with supervisor approval)	Review and quiz yourself on post orders	Review your site's emergency evacuation procedure	Participate in a shift handover with a complete report	Read the site SOP for a zone you don't usually patrol
Tell a teammate your weekend plans	Conduct a radio check with your team	Take a walk outside during your break	Share a summer vacation photo	Start a shift with a positive "safety moment"
Log a "perfect patrol" with all points scanned and notes entered	Recommend a cool podcast or book	FREE	Listen to a summer playlist during off-hours and share a favorite song	Bring a healthy summer snack to your shift
Ask a teammate about their first security job	Give kudos to a teammate via Newsletter@pplguard.com (may be shared on Paragon's social media)	Demonstrate correct incident report writing	Help someone else complete a Bingo square	Leave a kind note for the next shift
Role-play a visitor escalation or emergency call	Identify and report a potential safety hazard	Stay hydrated — track your water intake for a full shift	Participate in a team photo challenge	Pack a summer-themed lunch (e.g., fruit salad, cold pasta)

Get ready for some sun and security fun!

Complete activities from our Summer Bucket List Bingo card and turn in your completed card (straight line horizontal, vertical or diagonal) name and employee number by July 11th for your chance to win the \$100 prize draw.

newsletter@pplguard.com

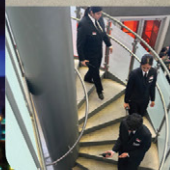


Congratulations to last month's winner **Amarvir Dhillon**

Winning answers

A. When the instructor says "Follow Me"... and disappears

B. Descending into danger... or maybe just the cafeteria



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