

Emergency Response Plan

PARAGON SERVICES ENGINEERING

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WANT TO CONTRIBUTE?

If you would like to share a story or contribute to Paragon Services Engineering's monthly newsletter. Please contact Angela at

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The actions taken in the initial minutes of an emergency are critical. A prompt warning to employees to evacuate, shelter or lockdown can save lives. A call for help to public emergency services that provides full and accurate information will help the dispatcher send the right responders and equipment. An employee trained to administer first aid or perform CPR can be lifesaving. Action by employees with knowledge of building and process systems can help control a leak and minimize damage to the facility and the environment.

The first step when developing an emergency response plan is to conduct a risk assessment to identify potential emergency scenarios.

An understanding of what can happen will enable you to determine resource requirements and to develop plans and procedures to prepare your business. The emergency plan should be consistent with your performance objectives.

At the very least, every facility should develop and implement an emergency plan for protecting employees, visitors, contractors and anyone else in the facility. This part of the emergency plan is called "protective actions for life safety" and includes building evacuation "fire drills" "earthquake drills" "shelter-in-place" from an exterior airborne hazard such as a chemical release and lockdown. Lockdown

is protective action when faced with an act of violence. When an emergency occurs, the first priority is always life safety. The second priority is the stabilization of the incident. There are many actions that can be taken to stabilize an incident and minimize potential damage. First aid and CPR by trained employees can save lives. Use of fire extinguishers by trained employees can extinguish a small fire. Containment of a small chemical spill and supervision of building utilities and systems can minimize damage to a building and help prevent environmental damage.

Some severe weather events can be forecast hours before they arrive, providing valuable time to protect a facility. A plan should be established and resources should be on hand, or quickly, available to prepare a facility. The plan should also include a process for damage assessment, salvage, protection of undamaged property and cleanup following an incident. These actions to minimize further damage and business disruption.

Site and facility plans and information should be in one place. Public emergency services have limited knowledge about your facility and its hazards. Therefore, it is important to document information about your facility. That information is vital to ensure emergency responders can safely stabilize an incident that

may occur. Documentation of building systems may also prove valuable when a utility system fails—such as when a water pipe breaks and no one knows how to shut off the water.

Compile a site-plan and plans for each floor of each building. Plans should show the layout of access roads, parking areas, buildings on the property, building entrances, the locations of emergency equipment and the locations of controls for building utility and protection systems. Instructions for operating all systems and equipment should be accessible to emergency responders. Provide a copy of the plan to the public emergency services that would respond to your facility and others with responsibility for building management and security. Store the plan with other emergency planning information.



GREAT JOB!!

It's always wonderful when we get positive feedback from a client. Great job to Juan Espinoza for going above and beyond!

Chief Engineer, Juan Espinoza was acknowledged by the Property Manager on his excellent handling of the property's annual fire department visit. Chief Espinoza's years of knowledge and experience was beneficial in helping the fire safety inspector ensure that equipment, such as sprinkler systems, smoke alarms, fire doors, and fire alarms perform as they should.

Juan, recently assigned to the property, has been working diligently to insure the building's operating systems are operating at it best and able to function as designed. Thank you Juan for continuing to maintain the building's systems and manage the core services for our client.



CONGRATULATIONS

Please join us in congratulating our Controller, Bertha Valdez on her recent marriage.

We wish Bertha and Joseph a lifetime of happiness!



NORTHERN CALIFORNIA

Our corporate Operations Support team had a productive visit to our Northern California team earlier in May. It was a jam packed trip with multiple stops to visit our Engineers, sites, and clients. Thank you to our Engineering team for taking great care of our clients. Thank you for continually going above and beyond meeting the need of our clients. Your hard work and dedication is very much appreciated!



June 2021

HAPPY BIRTHDAY!!

Sun	Mon	Tue	We	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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|----------------------------|----------------------------|
| 6/1 - Paul Pflimlin | 6/16 - Henry Anderson |
| 6/6 - Antonio Gamez | 6/18 - Andrew Sly |
| 6/8 - Silvia Soto Martinez | 6/18 - Sara Flores Morales |
| 6/9 - Jesse Gagnon | 6/20 - Ricardo Servin |
| 6/9 - Enrique Garcia | 6/27 - Jesus Madrid |
| 6/10 - Javier Chavez | 6/29 - Jermar Williams |
| 6/14 - Emilio Morales | 6/29 - Peter Noren |
| 6/15 - Tim Freymiller | 6/30 - Anthony Piggue Jr |

Smothered Filet Mignon

INGREDIENTS

- 4 (6oz) filet mignon steaks
- Seasoned salt to taste
- Cracked black pepper to taste
- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 Tablespoon Dijon mustard
- 2 Teaspoons dried rosemary
- 1 tablespoon butter
- 2 cups onion slices
- 1 teaspoon white sugar
- 4 ounces crumbled blue cheese



DIRECTIONS

- * Season steaks with seasoned salt and black pepper, and arrange in a single layer in a large baking dish. In a bowl, whisk together olive oil, balsamic vinegar, mustard, and rosemary. Pour mixture over filets, and turn to coat. Marinate for up to 30 minutes.
- * While you are marinating the meat, melt the butter in a skillet over medium heat. Cook onion slices in butter until soft, then stir in sugar. Continue cooking until onions are caramelized. Set aside.
- * Preheat grill for high heat on one side, and medium heat on the other side.
- * Lightly oil the grill grate. Place steaks on the hot side of the grill, and cook for 10 minutes, turning once. When the steaks are almost done move to the cooler side of the grill. Top each filet with a quarter of the caramelized onions and blue cheese. Close the lid, and continue cooking until the cheese is melted.

MONTHLY TRAINING

Please join us for our monthly engineering training on June 16th. We will be discussing best practices for handling emergency situations.

Be on the lookout for more details.



Cucumber Tomato Salad

Ingredients

- 3 mini cucumbers (or 2 cups chopped cucumbers)
- 12 grape tomatoes
- 1/3 cup red onion
- 1/2 cup chickpeas
- 1/2 cup cubed mozzarella
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp garlic salt
- 1 tbsp parsley
- 1/8 tsp dill
- Pepper to taste



Instructions

1. Dice the cucumbers, tomatoes, and onion into small pieces. Toss with the chickpeas and mozzarella.
2. Add oil, balsamic, parsley, garlic, salt, dill and pepper. Mix taste and adjust seasonings as desired.