

# December 2013 Communicae

The Company Periodical for Premier Security Inc. & Vanguard Security Services Ltd.

**25 YEARS CELEBRATING**

*For accurate payment, always complete & send timesheets*



**We got Gold!** After months of reviewing and refining our company's overall performance, Premier was awarded a Gold standard from the CanQual organisation.

CanQual is a contractor prequalification evaluation service that measures health, safety and environmental performance and management system implementation. This third-party objectively conducts critical due diligence and verification auditing of service providers like us.

In short, this allows Premier to be able to broaden our scope and proves to clients that we are one of the best at what we do. Thank you to every employee who, in there good work, has contributed to this achievement. We will keep you apprised of how this will effect your site in the coming months.



We are proud to announce that as of September 1<sup>st</sup> Premier has been designated a Living Wage Supplier for certain clients. Being a Living Wage Supplier is an extension of our commitment to sustainability. We believe it shows that we are making a long-term investment in our staff and community. The living wage is calculated annually to take account of living expense changes and changes to government transfers and deductions. We will be sending all employees more information on this program in the near future. Check out <http://livingwageforfamilies.ca/>

**Don't forget to keep your security license valid!**

### GUARDS DOING GOOD THINGS

Security guard relights Winter Olympic torch with cigarette lighter! Check out link below:



<http://www.theglobeandmail.com/news/news-video/video-raw-putin-security-guard-light-olympic-torch/article14714589/>



Once again we are proud to receive the "Largest Security Companies in BC" award twelve years in a row. We will hang this award next to our collection of Tourism Awards, BestinBC Awards and our upcoming COR certificate for Alberta.

We believe we win these awards year after year because of your good work and our company's open communication. Proof of this is our relatively low employee turnover rates and our commitment to programs such as Living Wage.

At Premier we try our best to continuously set employees up for success, catch them doing it, and affirm them for it.

Thank you everyone for another successful year!



our own recipients of the Vancouver Tourism Awards. For outstanding service please join us in congratulating Firouz, Marilyn, Avenidas and Susan.



*If you read this, please indicate so be emailing us at [info@premiersecurityinc.com](mailto:info@premiersecurityinc.com). All you have to do is type "Contest2013" in the subject field. The first person to respond wins a prize - to be announced.*

As security personnel we rely on our feet a great deal. Please note the following foot health tips.

**1. Inspect Your Feet** - Make sure to inspect your feet daily. Any signs of trauma such as redness or blisters, cuts, cracks, swelling or color changes should be reported to your healthcare provider immediately. Using a mirror can help you see all areas on the bottoms of your feet.

**2. Does The Shoe Fit?** - Be certain that your shoes fit with room to wiggle your toes. Look inside your shoes before putting them on, in case there are any foreign objects hiding in there, such as gravel, that could cause sores or irritation. Wear clean well-fitting socks.

**3. Toe The Line** - Wash feet everyday and make sure that you dry them thoroughly. Inspect between your toes.

**4. Nail Care** - Always cut nails straight across and then smooth the edges with an emery board. For ease in cutting toenails, trim them after your bath or shower.

**5. Do Not Self-Treat** - See a podiatrist for corns, calluses or ingrown toenails. Do not attempt to self-treat these conditions.

**6. Prevent Cracking** - If your skin is dry, apply cream or petroleum jelly to feet and heels, but avoid the area between your toes. If cream sits in the crevices it can waterlog the skin and make it more susceptible to infection.

**7. Keep Circulation Flowing** - Try not to cross your legs when you sit down. This can limit circulation.

**8. Keeping It Moderate** - Protect your feet from extremes in temperature. Keep bath water temperate in the 85-90 F degree range (30-32 C). If neuropathy is present, you may not be able to feel if the water is too hot, and burns could result. Never use heating pads or hot water bottles. Protect your feet from temperatures that are too cold, as well. Prolonged cold can decrease circulation even more.

**9. Pump It Up** - Ask your healthcare professional about an exercise program that's right for you. Regular exercise improves circulation to all your extremities.

**10. Last But Never Least** - It's so important to practice preventative care like the tips listed here, every day. If you notice anything that does not look normal please follow up with your healthcare professional immediately. Also, for ultimate foot health, make sure that your healthcare professional assesses your feet at every routine visit.

## Disaster Preparedness... in your vehicle

One hears a lot about emergency preparedness at home or at work, however vehicle prep is often overlooked. Outlined in Premier's Health, Safety & Environment Manual, our Mobile Service Team should always have the following items handy – and so should you.

Food (non-perishable)  
Water  
Shovel and ice scraper  
Blanket  
Extra clothing and shoes  
Crank or battery operated flashlight  
Extra batteries  
Road maps  
Road flares  
Work gloves  
Sand, salt or kitty litter  
De-icer (methyl hydrate)  
Windshield washer  
Jumper cable

A vehicle emergency preparedness kit is an important part of winter safety in Canada. Severe storms can happen at any time. Be prepared to help yourself and your family if you are ever stuck in your vehicle for an extended period of time. In addition to your emergency preparedness kit, it is recommended that you keep the items listed to the right in your car:

**More on home & workplace prep in our next issue**

Please also regularly check your tires for the correct PSI and tread wear, as well as ensuring heating and safety/driving lights are operational.

### Are you the best dressed at your work site? You should be.

Take the time each day to remind each other on the importance of your appearance. Company-issue toques, caps, ties and other uniform items are generally the only acceptable attire. If you doubt that your clothing is acceptable, please just ask your supervisor. Remember, "most people" do not make policy, and "most companies" do not enforce dress policies effectively. Moreover, our clients' dress codes are not ours and nor should they be. They have different jobs and roles within their own organization. Please keep this in mind as we build a better service! All exceptions need approval from Premier.

### Drive Safely!

The following tips could save you from problems when you are out on the road: **Maintain a safe following distance.** It takes longer to stop on a slippery road. Look ahead and keep plenty of distance between you and other cars (at least four seconds).

**Drop your speed to match road conditions.** The posted speed is the maximum speed under ideal conditions. In winter, it is safer to drive below the posted speed.

**Watch for black ice.** Slow down when approaching icy areas such as shaded areas, bridges and overpasses as these sections of road freeze sooner than others in cold weather. **Accelerate and brake slowly.** When starting from a stop on slick roads, start slowly and accelerate gradually to maintain traction and avoid spinning your wheels. When stopping, plan well in advance, apply the brakes gently and slowly add pressure – no sudden pushing.

**Avoid sudden moves.** Slow down and steer smoothly and gradually to avoid skidding. Accelerate gently, turn slowly, and brake carefully and early. Avoid unexpected quick movements that could put you in a spin. Anticipate turns, stops, and lane changes.

**Know how to handle a skid.** A skid happens when your wheels slide out of control on a slippery surface and is a result of driving too fast for road conditions. If you start to skid, ease off the brake or accelerator, look and steer smoothly in the direction you want to go.

**See and be seen.** It is critical for drivers to see and be seen in low light conditions, and when blowing snow impairs visibility. Always drive with your headlights on.

**Be extremely cautious when approaching highway maintenance vehicles such as snow plows and salt or sand trucks.** Maintain a safe following distance.

