



Los Angeles County
Sheriff's Department

NORWALK STATION

12335 Civic Center Dr. Norwalk, CA 90650 - Phone: (562) 863-8711

www.lasd.org

News Release

Leroy D. Baca, Sheriff

Sheriff's deputy recruits and Recruit Training Officers (RTO) of the Los Angeles County Sheriff's Academy were on a 3 mile fitness run from the Sheriff's Academy parking lot through the unincorporated community of Whittier at 7:30am, Friday.

The recruits were in the 6th week of an 18-week training academy and physical fitness is a part of every academy class.

About 1.5 miles into the run, RTO Deputy Jesus Cabadas who was following the class in a patrol car as a routine safety measure, noticed that a 50-year old male recruit was lagging behind and appeared to be physically unable to keep up with the class. Deputy Cabadas evaluated the recruit and determined the recruit was unable to safely participate in the class run then directed him to stop running and had the recruit ride in the patrol car.

Deputy Cabadas continued to follow the class on their run with the recruit resting in the back seat of his patrol vehicle.

About five minutes later, Deputy Cabadas heard the recruit's breathing become very labored and noticed he appeared to be experiencing greater physical discomfort.

Deputy Cabadas immediately called for the assistance of the pre-designated First Aid recruits from the class. These recruits were both prior trained Emergency Medical Technicians (EMT) who had decided to become sheriff's deputies.

Deputy Cabadas stopped the patrol car and along with the EMT recruits, immediately began to render aid to the recruit. Deputy Cabadas and Deputy Sheriff Trainees Duran and Garcia noticed the recruit was pale, had no pulse, and was not breathing. They immediately administered Cardiopulmonary Resuscitation (CPR) on the recruit until Los Angeles County Fire Department paramedics arrived.

When paramedics arrived, an Automatic Electric Defibrillator (AED) was administered on the recruit; shortly thereafter the recruit began to breathe on his own. He was then transported via ambulance to a local hospital for further medical treatment by Los Angeles County Fire Department personnel. He is in stable condition and feeling much better.

To maximize the safety of recruits while participating in challenging physical training exercises, it is common practice to designate fellow recruits to promptly respond to the staff instructors request to assist other recruits during physical training.

As an additional safety measure, a staff instructor is designated as the Safety Officer. Deputy Cabadas was performing that function; driving in a marked patrol unit following the class during their run throughout the area in the event of an emergency and to alert the driving public of the runners.

"This was truly a rare occurrence and it is difficult to remember a time when a recruit experienced such a significant medical emergency," said Sheriff's Academy Captain Robert Esson. "We are very glad, and we know the family is glad too, that we were well prepared to respond swiftly and effectively to handle the recruit's medical needs, just as we so often do for the public."

It is the consensus of Los Angeles County Sheriff's Department Training Bureau Staff and the responding Los Angeles County Fire Department personnel that the quick actions of Deputy Cabadas and the two recruits who rendered aid, Deputy Sheriff Trainees Duran and Garcia saved the life of the injured recruit.

Captain Mike Parker

Sheriff's Headquarters Bureau - Newsroom

Los Angeles County Sheriff's Department

323-267-4800

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SHBNewsroom@lasd.org

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Address/Location

LASD - HQ Newsroom (SHB), Los Angeles County Sheriff
4700 W Ramona Blvd
Monterey Park, CA 91754

For Additional Information Contact:

Name	Phone	Email
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