



Lifesaving Bar & Citizen's Certificate of Merit –
Officer Aaron Shedd & Arthur Paddock

Mesquite, TX – April 18, 2016 – The Lifesaving Bar may be awarded to any police employee for the saving of a human life or for prolonging their life to the extent that the victim was released to the care of medical authorities.

On March 5, 2015, Officer Aaron Shedd was dispatched to Blast Fitness on North Town East Blvd. in reference to an unconscious woman. The woman had been participating in a spin class when she passed out, collapsing to the floor and stopped breathing.

Another participant in the class, Arthur Paddock, observed the incident and saw that the victim was unresponsive. He checked for a pulse and began administering CPR. Upon Officer Shedd's arrival, he took over performing CPR. When paramedics arrived they continued CPR and other lifesaving measures. She was transported to the hospital. Her condition continued to improve and she was released from the hospital two days later.

The Mesquite Police Department is proud to recognize Officer Aaron Shedd with the Lifesaving Bar and Mr. Arthur Paddock with the Citizen's Certificate of Merit.