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U.S. Navy photo by Melinda Larson

NSAM Staff Member's Quick Action a Critical Reminder for CPR Training

By Melinda Larson

Peter Reyes, Naval Facilities Engineering Command (NAVFAC) Performance Assessment Representative with Naval Support Activity (NSA) Monterey, stands in front of the truck he used to block traffic while he administered CPR to a hit and run victim in Salinas, Calif., earlier this year. The U.S. Army veteran credits his training, including a CPR course he took here on campus, for his ability to react quickly to the situation.

Reyes was driving from Salinas to Monterey for work on a rainy Monday morning when something caught his attention.

“I came across a man lying in the middle of the road,” said Reyes. “Other drivers [just] swerved around the body.”

It was Jan. 8, still dark at 6:30 a.m., when Reyes came across the victim, and made a critical choice to stop and help.

“I just reacted out of instinct and knew that I wanted to help this individual. I parked my pickup in front of the man to prevent other vehicles from possibly running him over,” recalled Reyes.

That was not the only action Reyes took that morning. When he approached the man, he noticed there was a pool of blood next to his head. When he checked the man's pulse, Reyes said he did not feel one, and thanks cardiopulmonary resuscitation (CPR) training for what he did next.

“I administered chest compressions until he came back, then I called 9-1-1 and stayed with him until first responders arrived,” Reyes calmly.

The victim was transported to a local hospital with major head injuries, and Salinas Police later reported the incident as a hit and run. For his part, Reyes remains humble.

“I’m no hero, I just did what anyone else would do,” said Reyes, a U.S. Army veteran who served in Afghanistan and Iraq.

According to Adam Clapp, a Safety Specialist in the NSA Monterey Occupational Safety and Health office, Reyes attended a CPR class he conducted in 2016. Clapp’s office will soon be conducting additional CPR classes in February and March.

“Everyone will be welcome to attend these classes because you never know when you could save a life and be someone’s hero by knowing how to properly administer CPR,” Clapp said.

While the upcoming class on Feb. 27 is full, there are classes tentatively scheduled for March 19 and April 26 with availability. If you’re interested in attending the training, contact Adam Clapp at aeclapp@nps.edu to be added to the class roster, and for continued updates on upcoming CPR and Automated External Defibrillator (AED) training classes.

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