



EL DORADO COUNTY FIRE PROTECTION DISTRICT & CAL FIRE AMADOR-EL DORADO UNIT

JOINT MEDIA RELEASE

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Cameron Park Woman Meets the Crews Who Restarted Her Heart

Fire agencies urge residents to learn Hands-Only CPR

PLACERVILLE, Calif. (October 19, 2026) - Janet Langley's heart stopped without warning one June afternoon. On Monday, she got to thank the firefighters and paramedics who helped bring her back.

Langley, now 76, met the crews at Marshall Cardiac Rehabilitation in Placerville, where she takes part in outpatient cardiac rehabilitation. Her husband, Jerry Langley, her daughter, and members of her rehabilitation team joined her. Marshall arranged the reunion at her request.

On June 14, Langley was talking with her husband at their Cameron Park home when she collapsed mid-sentence. He immediately called 911.

Cameron Park Fire Department/CAL FIRE Amador-El Dorado Unit Engine 88 arrived in less than six minutes, started CPR and began advanced life support care. Paramedics from El Dorado County Emergency Services Authority (JPA)/El Dorado County Fire Protection District Medic 28 and firefighters from Rescue Fire Protection District Engine 283 arrived soon after. Together they continued CPR, delivered defibrillation shocks and medications, and used a mechanical chest compression device in the resuscitation efforts. After about nine minutes without a pulse, Langley's heart started beating again. Medic 28 transported her to Marshall Medical Center in Placerville, where she was stabilized.

In a card she gave the crews, Langley wrote that their care allowed her to celebrate her 76th birthday with loved ones, hug her grandson as he left for his freshman year of college, and continue her work helping teachers improve how they teach children to read.

"Thank you for your swift response, unwavering determination, and for saving my life," she wrote.

Langley also thanked the crews for having the equipment that gave her the best chance of survival, including the defibrillator and the LUCAS mechanical chest compression device.

"Our crews rarely get to see what happens after a patient leaves the scene, so meeting Janet and her family today meant a great deal to them," said El Dorado County Fire Protection District Fire Chief Brad Gates. "Her survival depended on a fast 911 call, quick defibrillation and advanced care from several agencies working as one team. In most cardiac arrests, the first person who can help is a family member, which is why we want every household to learn Hands-Only CPR."

"It took multiple agencies working together to give Janet the best chance possible," said CAL FIRE/Cameron Park Fire Department Battalion Chief Victor Acosta. "When we work together, we're able to provide the strongest response for

our community. We're grateful to have been part of that team and even more grateful to see Janet doing so well today."

According to the American Heart Association, nearly three out of four cardiac arrests outside a hospital happen at home, and fewer than 1 in 10 people survive. Starting CPR right away can double or triple the chance of survival.

HANDS-ONLY CPR: TWO STEPS

If a teen or adult collapses and isn't breathing normally:

- 1. Call 911.** The dispatcher can coach you through CPR.
- 2. Push hard and fast in the center of the chest.** Aim for 100 to 120 pushes a minute, about the beat of "Stayin' Alive," until help arrives.

Learn how in about a minute at heart.org/handsonlycpr.

RESPONDING CREWS

Cameron Park Fire Department / CAL FIRE Amador-El Dorado Unit, Engine 88: Fire Captain/Paramedic Litho Vasquez, Fire Apparatus Engineer/Paramedic Cameron Wiggans, Fire Apparatus Engineer Michael Root

El Dorado County Emergency Services Authority (JPA) Medic 28, El Dorado County Fire Protection District Station 28, Shingle Springs: Paramedic Tim Stohlman, Paramedic Steve Stone

Rescue Fire Protection District, Engine 283: Captain Brett Jones, Engineer David Beeskau, Firefighter Albert Nugent

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