

Virginia Deputy Single-Handedly Saves Woman Pinned Under Overturned Vehicle

A Virginia sheriff's department is honoring an officer for his heroic save of a woman trapped beneath an overturned vehicle following a horrific vehicle accident.

Deputy Jon Holt responded to a May 7 call. Upon arriving at the scene, his body camera—released by the department May 18—revealed the overturned car lying on the side of the road.

“The driver was laying underneath the vehicle with her head pinned by the sunroof,” reads the Gloucester sheriff's department Facebook post commending Holt's response. “Seeing the trauma her child was witnessing, Deputy J. Holt went into overdrive.”

Approaching the vehicle, a bystander yelled, “She can't breathe!”

“Through sheer will and determination,” to not let the mom “succumb to her circumstance in front of her panic-stricken child,” Holt called the child to him, and once safely out of harm's way, took to rescuing the mom.

“Mommy!” the child cried as Holt used his sheer man power to lift the vehicle just high enough for the trapped woman to “maneuver her head out to safety.”

Just before the body cam footage goes black, Holt can be heard asking the woman, “Is your head clear?”

Holt told reporters he must have had a guardian angel watching over him.

“I tried to lift the vehicle one time and said, ‘I can't do

it,'" he said in the weeks following the accident. "I reverted back to my military training and that's something that's unacceptable, so I put my shoulder into the door frame, braced up and said, 'All I have to do is just stand up.' That's what I just kept telling myself. I don't know if it was adrenaline, sheer will, but I knew what I had to do."

"It's what we do," continued Holt. "It's what we train for and I'm no hero. I'm just an average cop that gets put in extraordinary situations."

This heroic action comes three months after being designated the "Top Cop" award in his department for his rescue in a structure fire in 2020.

"As you can see in the video of the accident, Holt is calm in the chaos, confident and very professional," Sheriff Darrell W. Warren Jr. told *People* magazine. "I am very proud of his actions yet again and we are fortunate to have him on our team."

Those who hear of Holt's heroic tale are taking to social media to show their support.

In expressing her thanks for Holt's actions, one Twitter user compared his strength to that of the *Marvel* character, Hulk.

This is not the Hulk, but Deputy Sheriff Jon Holt, who single-handedly lifted up a rolled-over car to free a woman lying underneath. 🦁

Police officers are heroes!!!

– American Sweet Tea (@AmeliePoussin) May 20, 2021

"Police officers are heroes!!!" she writes.

The Boston Police Patrolmen's Association thanked God for police officers and also commended Holt for his rescue.

Thank God for police officers!!! The latest show of heroism taking place in Virginia where Deputy Jon Holt is being hailed a hero after saving a woman's life by singlehandedly lifting a car off her head after a crash. Wecops. #WeNeedPolice

– Boston Police Patrolmen's Association (BPPA) (@BostonPatrolmen) May 21, 2021

Another Twitter user said, "This is why we #BackTheBlue" in their post.

Virginia Deputy Jon Holt single-handedly lifts car to free trapped mother

THIS is a HERO.

THIS is why we #BackTheBlue

– Tinker`Sparked (@Tinker_Sparked) May 21, 2021

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