

SAN DIEGO POLICE DEPARTMENT ORDER

DATE/TIME: MARCH 3, 2022 1800 HOURS
NUMBER: OR 22-13
SUBJECT: AB 490 POSITIONAL ASPHYXIATION TRAINING - 2022
COST CENTER: 1914161111
SCOPE: ALL MEMBERS OF THE DEPARTMENT
DEPARTMENT PROCEDURE AFFECTED: N/A

**Portions of this document are deemed by the San Diego Police
Department to be records of security procedures and are exempt from
disclosure under the California Public Records Act (CPRA), Government
Code Section 6254 (f).**

On September 30, 2021, Assembly Bill (AB) 490 was signed into law. AB 490 amended California Government Code 7286.5. The amendment prohibits a law enforcement agency from authorizing the use of a carotid restraint or a choke hold, as defined. This bill additionally prohibits a law enforcement agency from authorizing techniques or transport methods that involve a substantial risk of positional asphyxia, as defined.

In accordance with AB 490, the California Commission on POST has created interactive training in the POST Learning Portal Website which addresses changes of California Government Code 7286.5. Attached with this order is Government Code 7286.5 for your review.

You must log into the POST Learning Portal (Instructions below) in order to complete the training and the portal can **only** be accessed through the use of **Mozilla Firefox** as the search engine. Firefox has been added to all Department computers for this reason.

All sworn members of the Department shall view the training in its entirety on their individual POST account. At the conclusion of the training, officers will be able to print a proof of completion certificate showing they have completed the course. The certificate will need to be forwarded to In-Service Training at MS-731A attention Officer Shannah Oliveras or scanned to soliveras@pd.sandiego.gov. Supervisors will assure completion of their personnel.

The training video shall be completed by July 1, 2022.

Log-in Instructions:

Double click on the Firefox icon on your desktop computer. Once the window opens, follow the below instructions to the POST website.

POST Learning Portal log-in:

1. Go to the POST website: [Lp.post.ca.gov](http://lp.post.ca.gov)
2. Click "SIGN IN"
3. Click "Create Account" **or** if you already have an account just sign in and skip step #4.
4. Fill out the required information and finish by clicking "Create Account" A confirmation email will be sent to confirm the creation of the new account.

Once you are logged into the POST Portal, copy and paste: <https://lp.post.ca.gov/Activity/3384> into the URL or use search bar to locate the training titled, "Positional Asphyxia (GC 7286.5)." Click on the training.

Upon completion you will receive one (1) hour of Continued Professional Training (CPT) credit on your POST Profile.

There is a short test at the end of the training which requires a 100% to pass. After the completion of the quiz, you may be required to complete an evaluation in order to print your certificate. Once you complete the training, close the test page by clicking on the "X" in the upper right-hand corner to close the test page screen. This should take you back to the Positional Asphyxia training page where you began. It should now show you have completed the training. If it does not show completed, you may have to click on the refresh button (arrow with a circle near the top left of the browser) to see the training has been completed and be able to print your certificate.

If you have any questions please email (**Deleted – records of security**), In-Service Training Unit, at (**Deleted – records of security**)

Please read at squad conferences and give a copy to all personnel.