



Lifesaving Awards
Whenever a life is saved,
share the story!



American Red Cross
Training Services

Inspiring Story from the Wisconsin Region



"I was really nervous and there were a lot of thoughts running through my mind."

Despite her nerves, 12-year-old Wendi Shilts made an important call when she noticed her older sister's face was unusually submerged in their grandparent's pool. Wendi immediately swam over to her sister Sophie and realized she was having a seizure in the pool. She quickly lifted her sister's head out of the water and called for help.

[Read more...](#)

Inspiring Story from the Minnesota and Dakotas Region



Instructor Spotlight

Each month we highlight instructors who have taught students who in turn used their lifesaving skills to save or sustain a life.

Alex Kaplan, was honored for teaching a student and coworker Adult and Pediatric First Aid/CPR/AED skills. Alex's student used their skills to help save the life of a patron at a Marriot hotel in Orlando, Florida.



Lifesaving Awards Vault

The following vault story comes from the Mathis News (Mathis, TX), August 18, 1977.



While running Saturday morning errands with his wife and two young children, Senior Airman Jose Rafael Jacuinde Rios called upon the skills he learned in American Red Cross CPR and First Aid training to save the life of a man he found lying on the side of the road with a severe head wound.

According to SrA Carmen C.D. San Diego who witnessed the event, "Senior Airman Jacuinde-Rios noticed an incapacitated man lying on the side of the road. While many vehicles passed this man, he pulled over to see if the individual needed assistance, and quickly saw that the man was lying in a pool of blood."

SrA San Diego added, "Without hesitation, Jacuinde Rios took control of the scene, calling for medical assistance, and instantly providing Self Aid Buddy Care (SABC)/Basic lifesaving procedures; rolling the individual on his side to prevent the possibility of choking, cleaning wounds around facial area and assessing for further injuries". SrA Jacuinde Rios continued holding the individual upright to ensure his safety until the medical team arrived on scene.

"Truly impressed by his actions," she continued. "He has shown a true act of courage and selflessness during this situation. During off-duty hours, he has proven that he will go above and beyond his line of duty and out of his way to assist a member of the community in their time of need. SrA Jacuinde Rios is the epitome of what a true American Airman is."

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Inspiring Story from the Central Florida Region



(Sgt. Travis Koehler of the Austin Police Dept. was recognized August 10th in Austin by the American National Red Cross for his lifesaving act of Feb 17, 1976. Sgt. And Mrs. Koehler are shown with Glenna Koons, (left), Red Cross Volunteer Safety Chairman.

Sgt. Travis Koehler, Oh February 17, 1976, was on a South Austin Golf Course when lightning struck two golfers during a thunderstorm. Koehler administered mouth-to-mouth to one of the victims who had neither pulse nor respiration. Dorothy Renstrom, another person on the golf course went to the aid of the other victim who had a weak carotid pulse, and unable to get the victim's mouth open, performed mouth-to-nose resuscitation.

Sgt. Koehler and Ms. Renstrom both were able to sustain the life of the two victims with this emergency first aid until the ambulance crew arrived and took both victims to the hospital.

Victims Alan Weston and Wallace Houtkooper, both of Austin were present at the awards ceremony.

For this act of mercy Sgt. Koehler and Ms. Renstrom have been named to receive the Red Cross Certificate of Merit. This is the heightened award given by the American National Red Cross to a person who saves or sustains a life using skills and knowledge learned in a volunteer training program offered by the Red Cross in first aid, small craft or water safety. Ms. Renstrom, who has since moved to Wisconsin will be receiving her awards there. The certificates bear the signatures of the President of the United States, Honorary Chairman for the Red Cross, and Frank Stanton, Chairman of the American National Red Cross.

Saving lives starts here.



If you or someone you know has used **skills** and **knowledge** learned in an American Red Cross **Training Services** course to help save or sustain the life of another individual, visit [LifesavingAwards.org](https://www.lifesavingawards.org) to nominate, recognize, or be inspired.

Dave, a Tampa Bay Chapter Red Cross volunteer, was deployed on a disaster when he helped save the life of one of his fellow volunteers who was having trouble breathing.

Calling upon his considerable emergency medical services experience, he performed an assessment on the volunteer and called 9-1-1. He provided care to the volunteer until Emergency Medical Services arrived on the scene. Dave took his care one step further by refusing to leave his fellow volunteer's side and rode the ambulance to the hospital and stayed with him until he was admitted.

[Read More...](#)

Interactive Map of the Lifesaving Awards

Interested to see if a Lifesaving Award recipient was awarded in your area? Please view our interactive Lifesaving Awards map to see where a life has been saved as well as where we have honored awardees.

[View the NEW interactive map on RCVIEW](#)

Nominate. Recognize. Inspire!

View even more inspiring actions by Lifesaving Award recipients on the Training Services and American Red Cross social media pages.