

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

Heroics Save the Day at a Company Event in the Southeastern Pennsylvania Region

Dawn Mascaro was attending a company open house last year when a piece of food became lodged in her throat. Among the hundreds of people in attendance, she spotted her nephew James Mascaro across the room and quickly approached him for help. Dawn and James had taken their American Red Cross First Aid and CPR/AED certification training together in that very room two years prior. When James realized his aunt was in distress, his training proved invaluable. After four abdominal thrusts the food was dislodged, and Dawn was able to breathe. For his lifesaving actions, James was awarded the Certificate of Merit. The impressive details behind the save can be found on the region's [blog](#).



L to R: James Mascaro with his aunt, Dawn Mascaro

Group Effort Saves a Life in the Northern California Coastal Region

An 89-year old man is alive thanks to the vigilance of aquatics staff at the Morgan Hill Aquatic Center in California. While hosting the Pacific Masters Swimming Championship, the man fell ill and became unresponsive in the water. Lifeguard Mirna Skracic was the first to respond, bringing the swimmer to a wall where aquatics specialist Julian Dominguez and lifeguard Alex Muncy were waiting with a backboard. Once out of the water, Aquatic Center coordinator Suzie Nguyen started performing CPR. She handled the AED while her colleagues called 911. In the meantime, the rest of the team assisted in clearing the pool and directing other participants not to re-enter the water. Their collective effort was the key to sustaining the man's life until first responders arrived. [Read more](#) about this foursome's praiseworthy actions that resulted in each of them receiving the Certificate of Extraordinary Personal Action.



Lifesaving members of the Morgan Hill Aquatics Center

Young Lifeguard's Quick Reaction Honored in the Georgia Region

Sixteen-year-old lifeguard Jake Verlander was monitoring a swim team practice when he saw a team member make a turn off the pool wall and stop face-down. Jake's Red Cross training, completed just two weeks earlier, prompted him to immediately jump into the pool, turn the boy over and get him to the nearest wall, where fellow assistant coaches helped lift the boy out. The 11-year-old coughed and cleared his lungs, averting what could have been a fatal incident. The swimmer recovered and was back in the pool four days later. Jake received a much-deserved standing ovation when he received the Lifesaving Award for Professional Responders. [Read more](#) about this remarkable save on the region's [news page](#).



L to R: Jake Verlander and Terri Badour, the executive director for the Red Cross in Atlanta

Instructor Spotlight

Emily Heinzman

Each month we highlight Instructors whose students have used their lifesaving training to save or sustain a life. This month we recognize Emily Heinzman, who trained Joshua Davis in Lifeguarding. Joshua saved two young pool patrons from drowning within 10 minutes of each other. We extend our thanks to Emily for providing the quality training that allowed her student to save a life.



Lifesaving Awards Vault

From the vault of the Memphis Press-Scimitar (Memphis, Tennessee), June 5, 1979

Red Cross Helper Cited For Lifesaving Activities

On this date in history, Murphy Hanley, age 14, was eating lunch at a Red Cross camp cafeteria when he started choking. Hanley's brother was unable to revive him, so 18-year-old Red Cross volunteer Michael Wamble stepped in, using his lifesaving training to dislodge the food. Wamble was recognized for his actions as a five-year Red Cross volunteer, swimming instructor, Red Cross Youth Council vice-president and a lifesaver at the Memphis chapter's annual dinner.

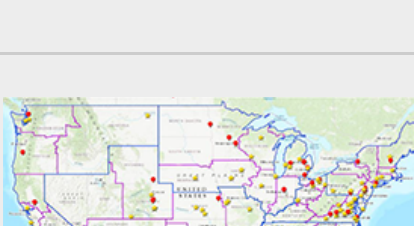


Nominate. Recognize. Inspire.

Saving Lives Starts Here

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

Want to see if you have a local hero in your area? Take a look at our [map](#).



Get Inspired!

October is Sudden Cardiac Arrest month in the United States and on October 16, the global healthcare community recognizes World Restart A Heart Day. Every second counts when sudden cardiac arrest occurs, and it's critical to know what to do in any type of emergency. The Red Cross recommends lifesaving training in First Aid, CPR and how to use an AED for everyone. It takes only a few hours and can give you the skills and confidence to act when moments matter. You could help save a life.