

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

Red Cross Team Member Performs Lifesaving CPR at the Gym in the Illinois Region

Sasha Welch-Moore, a Red Cross employee, was at her gym preparing to work out when she noticed a circle of people surrounding a man who had collapsed on the floor. She assessed the situation and determined that the man was not breathing and didn't have a pulse, so she began compressions immediately.

She then sent someone to get the AED and kept doing CPR on the man until EMS arrived. Listen to Sasha tell the incredible story that led to her being awarded the Certificate of Merit in this [video post](#).



L to R: Sasha Welch-Moore and Celena Roldán Sarillo, CEO of the Illinois Region

Foursome Rescues Worker at Zoo Miami in South Florida Region

Jiovanni Puentes, John Torenó and Daniela Perez Herrera received a scary phone call while at their jobs at Zoo Miami: a face painter attending a birthday party had collapsed and no pulse could be detected. Another call was made to the zoo's base, where Red Cross Instructor and Zoo Guest Support Specialist Supervisor/Security Melissa Llerena assessed the situation and dispatched the trio. After CPR was performed, the automated external defibrillator (AED) was successfully administered, restoring a pulse. EMS commended the foursome on their response, and the Red Cross celebrated this rescue with the Lifesaving Award for Professional Responders for Jiovanni and Melissa; Daniela and John received Certificates of Extraordinary Personal Action. Read more about this impressive group rescue in the region's [blog post](#).



L to R: Zoo Miami staff members John Torenó, Melissa Llerena, Jiovanni Puentes and Daniela Perez Herrera

Choking First-Grader Saved by Faculty Member in Northern New England Region

Behavioral health professional Michelle Michaud originally thought the first-grader in the cafeteria was going to be sick before she realized it was far more serious. A chicken nugget had lodged in the boy's throat, and he was unable to breathe. Michelle quickly ran to his side and gave a series of abdominal thrusts, dislodging the nugget. A co-worker nominated Michelle for the Certificate of Extraordinary Personal Action. Read about this incredible save and what Michelle had to say when she received her award in the region's [blog post](#).



Michelle Michaud

Instructor Spotlight

Kimberly Ebner

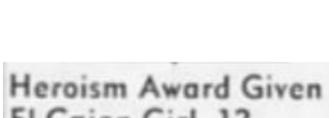
Each month we highlight an Instructor whose student(s) used their lifesaving training to save or sustain a life. This month we recognize Kimberly Ebner, a Red Cross Water Safety Instructor® and Lifeguarding Instructor, who trained Lily Romero in Lifeguarding, CPR/AED for Professional Rescuers and First Aid. Lily was teaching a swimming lesson when she observed a boy being removed from the water. She assessed the situation and began administering CPR while another lifeguard call 911. After approximately ten compressions, the boy started expelling water and slowly regained consciousness; he was taken by EMS to the hospital where he made a full recovery. We thank Kimberly for providing the quality training that enabled Lily to save a life.



Lifesaving Awards Vault

From the vault of the San Bernardino County Sun (San Bernardino, California), June 26, 1957

A 12-year-old girl received a Lifesaving Award for rescuing a 10-year-old playmate who had fallen into a water-filled gravel pit. Judy Charlebos received the Certificate of Merit, signed by President Eisenhower, for her heroic actions on April 7, 1957.



Nominate.



Recognize.

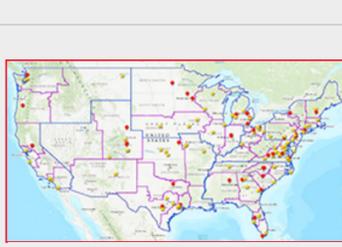


Inspire.

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 to nominate them.

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



Get Inspired!

March is Red Cross month, and we recognize that it's critical to know what to do when a life-threatening emergency occurs. The Red Cross recommends First Aid, CPR and AED **lifesaving training** for everyone. The new *Until Help Arrives* course from the Red Cross and the American College of Emergency Physicians teaches you how to assist in an emergency until professional help arrives. This 90-minute online course is now available for any non-certification needs – read about it and get started [here](#).