

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

When Seconds Count, a Hero Takes Action in the Southern California Region

When a customer suffered a sudden medical emergency at a local restaurant, Mitchel Schwenkmeyer sprang into action. He caught the restaurant-goer as he collapsed and, seeing that the man was not breathing and did not have a pulse, immediately began CPR. Working seamlessly with friends, Mitch helped deliver lifesaving care, including the use of an AED, until paramedics arrived. This response demonstrates how Mitchel's

Red Cross Basic Life Support training, teamwork and quick thinking can make all the difference in a critical moment. For more inspiring stories like [this one](#), follow the Southern California region on Instagram and stay connected to the people making a difference every day.



Mitchel Schwenkmeyer with the Certificate of Merit and other awards for his lifesaving actions

From Training to Lifesaving Action in the Indiana Region

Last year, Security Supervisor Eve Cole used her Red Cross Adult First Aid/CPR/AED training to help save the life of an unresponsive woman at her office in Indianapolis. Acting quickly, Eve called 911, performed CPR and helped stabilize the woman until EMS arrived. For her extraordinary actions, Eve received the American Red Cross Lifesaving Award for Professional Responders. Visit our region's [Facebook page](#) to celebrate Eve's inspiring lifesaving achievement.



Eve Cole (left), Instructor Sean Sargent (second from left) and leadership of the region's Red Cross team.

A Calm Response That Made All the Difference in the Minnesota and Dakotas Region

Earlier this year, Rya Gray used quick thinking and lifesaving skills to help save a person who was choking. Recognizing the emergency, she immediately performed abdominal thrusts, successfully cleared the airway and restored normal breathing. For her calm, decisive actions, she received the Certificate of Extraordinary Personal Action. Visit our region's [Facebook page](#) to join us in recognizing this remarkable act of care, courage and professionalism.



Rya Gray with the Certificate of Extraordinary Personal Action

Instructor Spotlight

Instructor Spotlight

Each month we recognize an Instructor whose student(s) have used their Red Cross lifesaving training to save or sustain a life. This month we honor Sean Sargent, whose student, Eve Cole, was highlighted above. Eve acted decisively during a workplace emergency and quickly directed others to retrieve an AED while she started CPR. When the person regained consciousness, Eve placed her in the recovery position while waiting for EMS to arrive. We extend our thanks to Sean for providing the quality training that allowed his student to take action when it mattered most.



Lifesaving Awards Vault

From the vault of The Courier-News (Bridgewater, NJ), August 20, 1959

Young Hero Receives Lifesaving Award

On this date in history, Ronald Rispoli was presented with the Lifesaving Award for rescuing a 5-year-old boy who was struggling in chilly, deep water. After plunging into the lake and carrying the boy safely to shore, Ronald carried him another quarter-mile to the boy's home. Ronald credited his lifesaving actions to his Red Cross swim lessons.



Nominate.

Recognize.

Inspire.

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 a life, visit [LifesavingAwards.org](#) to nominate, recognize or be inspired.

Map of the Lifesaving Awards

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



Get Inspired!

In September we recognize National Preparedness Month. True preparedness is about more than weathering a disaster. It is about protecting health and safety during an emergency and throughout recovery. While **emergency supplies** are essential, trained and confident individuals are what strengthen community resilience and help save lives.

Here are three things you can do to be prepared when moments matter:

1. Take a [First Aid/CPR/AED class](#) and encourage your family and friends to learn these skills, too.
2. Know where the AEDs are located in places you visit frequently.
3. Make an [emergency plan](#) with your household.

The best time to prepare is before an emergency happens.