

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

Alert Neighbor Performs CPR and Saves Longtime Friend's Life in the Texas Gulf Coast Region

When Natalie Bostic's neighbor mentioned he needed to "catch his breath" while doing yardwork, she didn't think much of it. But when she saw him unresponsive in the grass, she sprang into action, performing lifesaving CPR.

For Natalie, it was deeply personal—she had known him for many years, and her children had known him their entire lives. "When we have our annual Red Cross training with school staff, I always tell them that CPR is a lifesaving skill that you never know when you may be called upon to use," Bostic said. Read the full story of Natalie's heroic act and her Certificate of Merit award on the region's [news page](#).



Natalie Bostic receives her Certificate of Merit pin from Red Cross Texas Gulf Coast Region CEO Shawn Schulze.

New Fitness Instructor Saves Life Just Days After CPR Training in the Greater New York Region

Paul Miller started a new job as a fitness instructor that required First Aid/CPR/AED certification. Little did he know that his Red Cross training would be put to the test just four days later. During his third shift, a gym member collapsed. Paul found the person losing consciousness, turning blue and going into cardiac arrest. He called 911 and began performing CPR. "About three minutes, four minutes into it, that was when the first fire department member came into the room and tapped me out." For his actions, Paul received the Lifesaving Award for Professional Responders. In addition to the amazing details on the region's [news page](#), you can also watch the inspiring [video](#) capturing the awards ceremony, where Paul met the man whose life he helped save.



Paul Miller (right) met the man whose life he helped save at the Lifesaving Awards ceremony.

Deputies' Heroic Actions at Courthouse Lead to Full Recovery in the Georgia Region

A routine day at the Paulding County Courthouse turned into a life-or-death situation. Sergeant Wesley Mullins and Deputy James Williams were called urgently to the Probate Court office, where they found an employee unconscious and in cardiac arrest, his face a terrifying shade of purple. Sergeant Mullins sprinted to retrieve an automated external defibrillator (AED) while Deputy Williams began CPR. When the AED arrived, they applied it and delivered a shock. The employee's color began to return and he started to take shallow breaths. Thanks to the swift and heroic actions of Sergeant Mullins and Deputy Williams, the employee's life was saved. He has since made a full recovery and returned to work, a testament to their bravery and quick thinking. View the remarkable story about how this duo was awarded the Certificate of Extraordinary Personal Action on the region's [Facebook page](#).



L to R: Sheriff's Captain Clint Barker, Deputy James Williams, Red Cross Atlanta Executive Director Terri Badour, Sgt. Wesley Mullins and Sheriff Gary Guidage.

Instructor Spotlight

Dr. Kim Eiler

Each month we highlight an Instructor whose student(s) have used their lifesaving training to save or sustain a life. This month we recognize Dr. Kim Eiler, whose student Emma McLeish helped save the life of a man experiencing a cardiac arrest. While working at a community facility, Emma heard a staff member yell for help.

Emma first called 911, then ran over to find a man on the floor, without a pulse and turning blue. Emma started chest compressions and delivered a shock with an AED. She continued CPR until firefighters arrived and transported the man to the hospital. We extend our thanks to Dr. Eiler for providing the quality training that allowed her student to save a life.

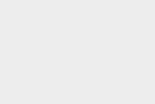


Lifesaving Awards Vault

From the vault of the Democrat and Chronicle (Rochester, NY), June 16, 1983



On this date in history, Beverly Hewitt received the Certificate of Merit for performing CPR on a friend who experienced a cardiac arrest while they were playing golf. Her friend experienced dizziness as they were approaching the 18th hole, then collapsed. Hewitt modestly says she just acted normally – and that reality didn't set in until she was home.

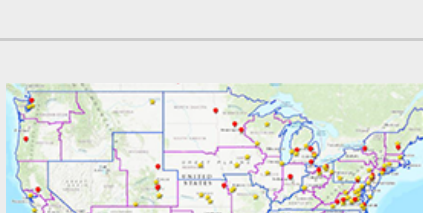


Nominate. Recognize. Inspire.

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



Get Inspired!

The American Red Cross co-authored the updated 2024 *Guidelines for First Aid* published in November. These guidelines represent the first comprehensive review of first aid science and treatment recommendations since 2010 and cover new and updated recommendations for first aid organizations and providers. Want to learn more? Watch the live event with the co-chairs of the guidelines writing group on either the Training Services [LinkedIn page](#) or the Red Cross [YouTube channel](#).