

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

Off-Duty Officer Responds Quickly to Gym Emergency in the Northern California Coastal Region

Off-duty Police Officer Richard Castellon was walking through his apartment complex when he spotted an unconscious man in the gym. Without hesitation, he called 911, requested an AED and began CPR. Richard continued chest compressions until EMS arrived and helped to restore the man's pulse before he was transported to the hospital. For his courageous and selfless actions, Richard received the prestigious Red Cross Certificate of Merit. During the ceremony, Richard humbly dedicated the moment to the survivor and his family, saying, "I continue to keep them in my prayers." Read the full story on the region's [news page](#) and watch the powerful local news [video](#) to see how Richard's training made all the difference.



Richard Castellon poses with his award and medal.

YMCA Team Members Honored for Heroic CPR Response in the Iowa and Nebraska Region

Melissa Pettit and Richard Donaldson were working their shifts at the local YMCA when a woman was found unresponsive in her vehicle. They acted swiftly and, utilizing their Red Cross training, gently removed her from the car and began CPR. Donaldson performing compressions while Pettit counted compressions and breaths. Their calm teamwork and rapid response kept the woman stable until EMS arrived. For their heroic actions, Melissa and Richard were honored with the Lifesaving Award for Professional Responders. This award recognizes on-duty individuals who use Red Cross training to save lives. To explore this and more stories of everyday heroes making a difference, visit the region's [Facebook page](#) and be inspired by the impact of training and teamwork in action.



Melissa Pettit and Richard Donaldson (center) received their awards from Red Cross leaders in the Iowa and Nebraska region.

Deputy's Quick Thinking Saves Child in Crisis in the Colorado and Wyoming Region

Deputy Tyler Mathis faced a life-or-death moment when a child went into anaphylactic shock. EMS was delayed and the child was struggling to breathe. Thankfully Tyler, an EMS clinician, sprang into action. His medical bag lacked an auto-injector, so he drew and administered epinephrine from a vial, staying calm under pressure. Thanks to his quick thinking, the child survived. For his heroic response, Tyler received the Certificate of Extraordinary Personal Action. His story is a powerful reminder of how preparedness and courage save lives. Visit the region's Facebook page to view the [photo album](#) of this extraordinary act.



L to R: Deputy Tyler Mathis and Red Cross of Western Colorado Executive Director Christie Caster

Instructor Spotlight

Lang Yang

Each month we highlight an Instructor whose student(s) used their Red Cross lifesaving training to save or sustain a life. This month we recognize Lang Yang, who trained Courtney Mateer in Red Cross Adult and Pediatric First Aid/CPR/AED. Courtney was shopping when she observed a man fall to the ground. His skin was changing color, and he was unresponsive. She immediately began CPR and activated the AED. She continued CPR until EMS arrived and took over care. Without a doubt, the skills learned in the American Red Cross Training Services course helped to save this man's life. For her courage and actions, Courtney received the Certificate of Merit, the highest honor in the Red Cross Lifesaving Awards program.

We extend our thanks to Lang for providing the quality training that allowed his student to take action when it mattered most.



Lifesaving Awards Vault

From the vault of the Daily Argus-Leader (Sioux Falls, IA), January 20, 1952

While making his afternoon rounds at a power plant, Elmer Anderson was alerted to an emergency at a sunken lily pool. He rushed over, spotted the foot of a small child barely visible among the plants and pulled the 2-year-old girl from the water. He immediately began CPR and continued lifesaving efforts until the rescue squad arrived. Officials later confirmed that even a few seconds' delay could have been fatal. For his swift and heroic actions, Elmer was honored with the Red Cross Lifesaving Award.



Elmer H. Anderson ... prevented tragedy



Nominate.



Recognize.

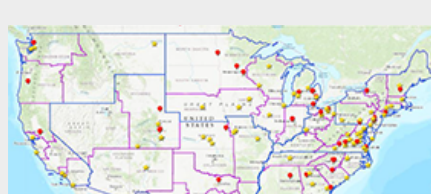


Inspire.

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, nominate them for a [Lifesaving Award](#) today.

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



Get Inspired!

Visit our [Red Cross Store](#) to stock up on first aid and preparedness supplies. Our Cyber Monday sale takes place December 1-8 with exclusive discounts. Our updated 2025 First Aid, CPR, AED supplies and materials will be available on the first day of the sale. Stock up and save to be ready for the moments that matter.