

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

Air Force Firefighter Honored for Heroic Actions Off Duty in the Arizona and New Mexico Region

U.S. Air Force Staff Sgt. Christopher Rickenbach, a firefighter with the 355th Civil Engineer Squadron, was honored with the Red Cross Certificate of Merit for saving a man's life during a soccer game near Tuscon, Arizona. SSgt. Rickenbach first learned CPR through the Red Cross at 16 years old. He refreshed his skills in a recent Red Cross Basic Life Support course. During a soccer match, he used that training to help save a 52-year-old player who suddenly collapsed on the field. SSgt. Rickenbach immediately ran over and, after seeing that the man had no pulse, he began to perform CPR. He also gave crucial information to another bystander who was on the phone with 911. His actions remind us that being trained and willing to help can save lives. Be inspired by the full journey shared on the region's [Facebook page](#), and you can watch this [powerful story](#) on the local news station.



U.S. Air Force Staff Sgt. Christopher Rickenbach (4th from left) accepts his award at the Air Force recognition ceremony.

CPR Training Credited in Workplace Rescue in the Iowa and Nebraska Region

Chris Irish of Grimes, Iowa, was honored with the American Red Cross Lifesaving Award for Professional Responders after saving a coworker's life using CPR and an AED. When a colleague became unresponsive at Ferguson Home Enterprises, Chris, the warehouse manager, immediately took action. He called for help, assessed the situation and performed the lifesaving measures of CPR and use of an AED, learned through a Red Cross First Aid/CPR/AED course. Thanks to his quick thinking and preparedness, his coworker fully recovered. Chris' story is a compelling reminder of how training and courage can make all the difference in a crisis. Read the full story of this quick action taken to respond to a crisis on the region's [Facebook page](#).



L to R: Troy Stoll, the individual saved, stands next to Chris Irish. To the right of Chris is Casey Maughan, board chair of the Red Cross of Northern and Central Iowa.

Ordinary Day, Extraordinary Act of Courage in the Idaho and Montana Region

What began as a routine lunch outing turned into a lifesaving moment when Deborah Taylor sprang into action to save her aunt, Kay Bradford, from choking. With no time to spare and no one around to help, Deborah relied on first aid skills she had learned nearly a decade earlier through the Red Cross. Her calm, determined response and use of back blows helped dislodge the food and restore Kay's breathing. This story is a powerful reminder that preparedness and quick thinking can turn an ordinary day into a heroic one. You can learn more about Deborah's remarkable act and her Certificate of Extraordinary Personal Action by watching this inspirational story on the region's [YouTube channel](#).



L to R: Kay Bradford was choking when her niece Deborah Taylor jumped in to help.

Instructor Spotlight

Matthew Van Dyke

Each month we highlight an Instructor whose student(s) have used their Red Cross lifesaving training to save or sustain a life. This month we recognize Matthew Van Dyke, who trained Tyler Rosen in Shallow Water Lifeguarding with CPR/AED for the Professional Rescuer and First Aid.



On June 16, 2024, Tyler, who was an assistant aquatics manager for first aid and safety, helped save a co-worker experiencing a medical emergency at Fly-In Lake in Arnold, CA. Tyler recognized signs of cardiac arrest, called 911 and followed EMS instructions. He administered rescue breaths, checked for a pulse and delivered a shock using an AED. A guest assisted until the fire department arrived. Tyler's quick response and training were key to saving the woman's life. For his actions, Tyler received Red Cross Lifesaving Award for Professional Responders.

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

Lifesaving Awards Vault

From the vault of The Long Beach Sun (Long Beach, CA), June 17, 1931

On this date in history, Gerald Barbeau risked his own life to save an eight-year-old boy from drowning in treacherous surf. The boy had been pulled out 100 yards from the undertow. His mother turned to Barbeau for assistance. He swam out and was able to bring the boy to shore, where the first aid squad worked on him until he regained consciousness.



Nominate.



Recognize.

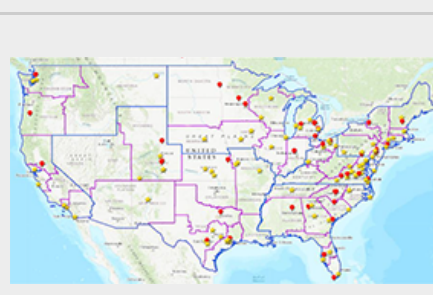


Inspire.

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!

September is National Preparedness Month – a timely reminder to Red Cross communities to refresh emergency response skills. Taking a Red Cross [First Aid/CPR/AED](#) or [Until Help Arrives](#) class can equip you with the knowledge and confidence to act when every second counts. The individuals featured in this newsletter were able to save lives because they were trained and ready. Whether at work, at home or in your community, being prepared matters. Don't wait for a crisis to realize the value of readiness. Encourage your Red Cross followers to take a class this month and be the help until help arrives.