fesaving Awards







NOMINATE NOW

Inspiring Stories by Region

Brother and Sister Save Dad's Life in the Wisconsin Region

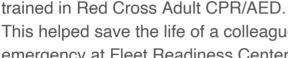
In a powerful moment of courage and love, siblings Joseph and Maggie Henderson helped save their father's life. While visiting them at college, he collapsed from cardiac arrest. Maggie



called 911 for help while Joseph, trained in Red Cross Adult and Pediatric First Aid/CPR/AED and Anaphylaxis and Epinephrine Auto-Injector, performed lifesaving compressions until EMS arrived. Their quick actions gave their father a second chance at life. For their bravery, Joseph received the Red Cross Certificate of Merit, the highest honor bestowed by the Red Cross. Maggie received the Certificate of Extraordinary Personal Action. Joseph's CPR instructor, Grant Hodgins, was also honored for teaching the skills that made the rescue possible. Their story, which can be read on the region's Facebook page and blog, is a powerful reminder: training saves lives when it matters most.

Supervisor Uses Red Cross

Skills to Help Colleague **Survive Cardiac Emergency in** the North Carolina Region In June 2024, Richard Johnston IV,





This helped save the life of a colleague, Gannon Plouff, during a cardiac emergency at Fleet Readiness Center East in Cherry Point, North Carolina. Richard, who works at the Fleet Readiness Center as a Compliance and Quality Operations Branch supervisor, was on duty and the first to respond. He acted swiftly calling 911, retrieving the AED and keeping Gannon calm until EMS arrived. His training and composure were vital in stabilizing Gannon, whose heart rate had soared to 250 beats per minute. Thanks to Richard's quick thinking and Red Cross training, a life was saved that day. Read more about this hero's Lifesaving Award for Professional Responders on the region's Facebook page.

Minnesota and Dakotas Region Declan Chappuis didn't hesitate. While swimming in a Minnesota lake, he noticed

Teen's Quick Action Saves

Friend from Drowning in the

a friend submerged too long beneath the surface. Instinct took over; he dove in, pulled her to shore and helped save her life. Though she was unresponsive and not breathing, his swift action gave others the chance



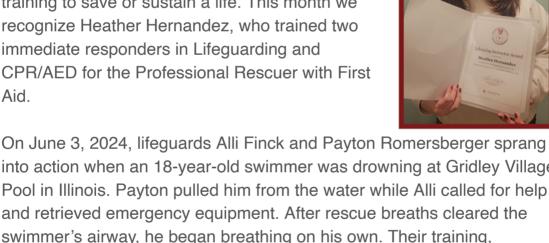
to perform CPR. As a result, she made a full recovery. For his bravery, Declan received the Red Cross Certificate of Extraordinary Personal Action, honoring those who use their training to act selflessly in moments of crisis. "I didn't do it for recognition," he said. "It was the right thing to do." His courage reminds us that in the face of danger, one person's quick thinking can make all the difference. View all of the photos from the awards ceremony on the region's Facebook page.

Heather Hernandez Each month we highlight an Instructor whose student(s) have used their Red Cross lifesaving

Instructor Spotlight

immediate responders in Lifeguarding and CPR/AED for the Professional Rescuer with First Aid. On June 3, 2024, lifeguards Alli Finck and Payton Romersberger sprang into action when an 18-year-old swimmer was drowning at Gridley Village Pool in Illinois. Payton pulled him from the water while Alli called for help

training to save or sustain a life. This month we recognize Heather Hernandez, who trained two



swimmer's airway, he began breathing on his own. Their training, teamwork and guick response helped save a life. This is proof that preparedness can turn ordinary moments into extraordinary ones. For their actions, Heather's students received Red Cross Lifesaving Awards for Professional Responders. We extend our thanks to Heather for providing the quality training that allowed her students to take action when it mattered most.

Lifesaving Awards Vault

heard a woman yell, "Call 911...there's been a drowning!" Christal kicked

From the vault of the The Teen's lifesaving actions honored **Daily Journal Park Hills** (MO), July 24, 2001 On this date in history, Christal Cox was in a hotel dining hall when she

lifeguard, who had only been certified two months prior, pulled the

off her shoes and climbed a 6-foot iron fence to get to the pool. The

drowning boy to the pool deck and began CPR. Within only a few seconds, he coughed up water and began breathing on his own. For her actions. Christal earned the "Breath of Life" award from the Charleston County emergency medical system and the Red Cross Lifesaving Award from the local chapter.

Nominate. Recognize.

Saving Lives Starts Here If you or someone you know has used skills and knowledge learned in

another individual, visit LifesavingAwards.org to nominate them.

a Red Cross Training Services course to help save or sustain the life of

Want to know if you have a local hero in your area? Take a look at our map.

Get Inspired!

This summer, take a proactive step toward safety by enrolling in essential Red Cross training courses. Start with First Aid Online to build a strong foundation in emergency response. Then, deepen your skills with First Aid for Severe Bleeding, First Aid for Opioid Overdoses and Anaphylaxis and Epinephrine Auto-Injector training. Learn at your own pace and be prepared. For a full list of online courses, click here.