

Lifesaving Awards



American Red Cross
Training Services

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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.



L to R: Maggie, William and Joseph Henderson

Supervisor Uses Red Cross Skills to Help Colleague Survive Cardiac Emergency in the North Carolina Region

In June 2024, Richard Johnston IV, trained in Red Cross Adult CPR/AED.

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](#).



Richard Johnston IV (center) receives the Lifesaving Award for Professional Responders from the Red Cross North Carolina while his colleagues at the Fleet Readiness Center East.

Teen's Quick Action Saves Friend from Drowning in the Minnesota and Dakotas Region

Declan Chappuis didn't hesitate. While swimming in a Minnesota lake, he noticed 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](#).



R to L: Brice Johnson, regional chief executive officer for Minnesota and Dakotas Region, pins a Lifesaving Award on Declan Chappuis

Instructor Spotlight

Heather Hernandez

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 Heather Hernandez, who trained two 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 and retrieved emergency equipment. After rescue breaths cleared the swimmer's airway, he began breathing on his own. Their training, teamwork and quick 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

From the vault of the The Daily Journal Park Hills (MO), July 24, 2001

Teen's lifesaving actions honored

On this date in history, Christal Cox was in a hotel dining hall when she heard a woman yell, "Call 911...there's been a drowning!" Christal kicked off her shoes and climbed a 6-foot iron fence to get to the pool. The lifeguard, who had only been certified two months prior, pulled 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.



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](https://www.redcross.org/lifesavingawards) to nominate them.

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](#).