

Lifesaving Awards



American Red Cross
Training Services

NOMINATE NOW

Inspiring Stories by Region

Lifeguard Calls Upon Training While Dining Out in the Minnesota and Dakotas Region

Megan Scheffe was not on duty as a lifeguard when she was dining out with a friend. She was nearby when a child started choking. Scheffe performed back blows and abdominal thrusts to get food out of the boy's throat. For her actions, Scheffe was honored with a Certificate of Merit. She credits her Red Cross training and experience as a lifeguard for knowing what to do in critical moments. A recap of her bravery and ceremony footage can be found [here](#), along with the Red Cross [Facebook post](#).



L to R: Twin Cities Red Cross Board Chair Dr. David Hamlar and Megan Scheffe

Teamwork Makes A Difference in Pool Rescue in the Missouri and Arkansas Region

Lifeguards Sara Davis, Samuel Moore, Hannah Salser and Brooks Johnson received the Lifesaving Award for Professional Responders for helping to save the life of a patron at Cabot Aquatic Park in Cabot, Arkansas. The swimmer had a seizure in the pool, and the lifeguard team jumped into action, activating the emergency response plan and assisting as the woman's son held her above water. Once the seizure stopped, the guards removed the swimmer from the pool. Although she had a weak pulse, she was not breathing, so the team began ventilations. Rescue breaths continued for four minutes; when EMS arrived, the woman had a strong pulse and was breathing on her own. View more photos from the team's award ceremony on the [region's Facebook page](#) and the [Cabot Parks and Recreation Facebook page](#).



L to R: Lifeguards from Cabot Aquatics Park, Instructor Kelly Lewis and Mayor Ken Kincaid

Service Member Saves a Life While Off Duty in the Pacific Islands Region

Petty Officer 3rd Class Noah Sweeton of USCGC Juniper (WLB 212) was enjoying an evening with his Coast Guard crew when a critical situation emerged. Displaying commendable calmness and expertise, Sweeton administered lifesaving CPR to a civilian experiencing a cardiac arrest. Thanks to his swift and proficient response, a life was saved, and Sweeton was honored with the Certificate for Extraordinary Personal Action. Take a look at the region's [Facebook page](#) to see the Sweeton's ship-side ceremony photos.



Petty Officer Noah Sweeton's family and a Red Cross executive gather around him (at right) at the ship-side ceremony.

Instructor Spotlight

Kelly Lewis

Each month we highlight an Instructor whose student(s) have used their lifesaving training to save or sustain a life. This month we recognize Kelly Lewis. Four of her students (Sara Davis, Samuel Moore, Hannah Salser and Brooks Johnson), who are profiled above, recognized someone in distress in the water. Using their Lifeguarding with CPR/AED for Professional Rescuers training, the quartet rescued a swimmer who had a seizure while in the water. We extend our thanks to Kelly for providing the quality training that allowed her students to save a life.



Lifesaving Awards Vault

From the Vault of The News (Paterson, New Jersey), May 10, 1956

On this day, Marion Myers was recognized with saving the life of a man at the scene of a fire that started when a miniature Christmas display burst into flames. The victim was badly cut in the fire, so Myers applied pressure to stop the bleeding. Medical authorities say this saved the man's life.

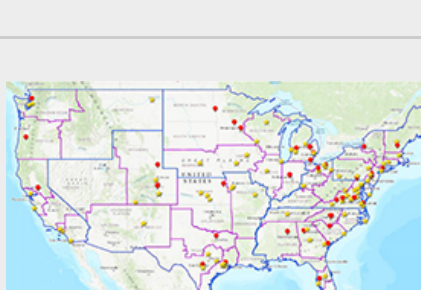


Nominate. Recognize. Inspire.

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.AmericanRedCross.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!

Even if you haven't been trained in CPR and how to use an AED, you can still save the life of someone in cardiac arrest. Hands-only CPR is easy to learn. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance. If you didn't catch it last month, we encourage you to watch the LinkedIn Live with Red Cross Instructor Owen Long where he demonstrates how to do Hands-Only CPR. Watch it on demand [here](#).