

When Seconds Count, You Could Save a Life.

Certificate of Merit Recipient



Nick Westfall and his proud mother Cindy!

Recognizing an emergency and deciding to take action quickly can possibly mean the difference between life and death for someone suffering from a medical emergency. In many cases the basic care you give in the first few minutes of an emergency can prevent a more serious situation from developing. As a Red Cross trained and prepared responder on July 28, 2008, Nick Westfall at the Bryan Family YMCA used his lifesaving Red Cross skills to help James Wall, a YMCA member. While working in the fitness center, Nick was alerted that a man was lying on the floor in the upstairs hallway. Nick alerted his supervisor and immediately went to help the victim. Nick arrived on the scene and checked the victim. Mr. Wall was conscious and began to throw up. Nick cleared his airway and placed Mr. Wall in the recovery position until EMS arrived and took over. Without a doubt, the skills used by Nick Westfall contributed to saving James Wall's life.

Mr. Wall states he remembers feeling helpless and knowing something was "sick and wrong". But he remarked this feeling did not last for long as Nick and the YMCA staff quickly came to his aid. They acted cohesively and effectively, as a well-trained team. He stated that he sensed them drawing closer around him as a shield to safeguard his dignity and to screen his helplessness. This memory of such basic decency will stay with him for a long time.

Mr. Westfall received the Certificate of Merit for his courageous actions in the time of need. This is awarded to an individual who saves or sustains a human life and successfully completes a Red Cross CPR/FA course prior to the performance of the lifesaving or life-sustaining act. This action exemplifies the highest degree of concern of one human being for another who is in distress. The Certificate of Merit is signed by the President of the United States who traditionally serves as the Honorary Chairman of the American Red Cross.



**American
Red Cross**

Greensboro Chapter