



Citation to

Trinity Stehno

On June 30, 2019, Trinity Stehno, trained in American Red Cross Adult and Pediatric First Aid/CPR/AED, helped to save the life of a female patron who began to choke at Chipotle Mexican Grill in Redding, CA. The woman was enjoying a meal at the fast-casual restaurant when she began to choke on her meal. Trinity was notified by a fellow employee of the situation and immediately responded. Trinity went to the patron, announced she was trained and began to administer abdominal thrusts. After approximately three abdominal thrusts, the woman was able to expel the food blocking her airway. She was able to breathe again. Without a doubt, the skills learned in the American Red Cross Training Services course helped to save the life of this woman.

For this act, Trinity Stehno has been awarded the American Red Cross Certificate of Merit. This is the highest award given by the American Red Cross to an individual or team of individuals who saves or sustains a life by using skills and knowledge learned in an American Red Cross Training Services course. The certificate bears the signature of the President of the United States, who is the honorary chairman of the American Red Cross, and the signature of the chairman of the American Red Cross.

This action exemplifies the highest degree of concern of one human being for another who is in distress.



American Red Cross
Training Services