



CITATION FOR THE 2001 RUSSELL MEDAL

At about 9 pm on Monday 18th June 2001 Michael Dixon, aged 48 years, suffered cardiac arrest at his home in Stoke-on-Trent, Staffordshire and after collapsing onto the sofa his heart stopped. It was fortunate for him that his children Gareth, aged 18 years and Carys aged 14 years were present, for they had both been trained by the Royal Life Saving Society in cardio pulmonary resuscitation as part of a Bronze Medallion course.

Carys immediately began resuscitating her father with Gareth taking over shortly after. They managed to restart Michael's heart and Carys then ran for a neighbour whilst her Mother telephoned for an ambulance. Michael's heart stopped again and Gareth, with the assistance of Carys and the neighbour, continued resuscitation once again restarting the heart. They continued treating their father for some 20 minutes before the ambulance arrived and he was transferred to hospital.

Michael, who made a full recovery, praised his children and stated, "if they hadn't been there and didn't have the expertise they showed, then the alternative is unthinkable. I am also extremely grateful to Veronica and Sharron at Lifesavers. Without them our family would be very different now."

Gareth and Carys displayed real courage and professionalism, which undoubtedly saved their father's life.

For their outstanding performance they are jointly awarded the 2001 Russell Medal.