

WASHINGTON'S 73RD ANNUAL

Governor's Industrial Safety and Health Conference

PRESENTS

The 2024 Governor's Lifesaving Awards

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Greater Tacoma Convention Center

Awards Presented by
Deedee Sun



 Washington State Governor's
Industrial Safety & Health
Advisory Board

Educating Washington's Workforce Since 1949

 Washington State Department of
Labor & Industries

About the Governor's Lifesaving Awards

The Lifesaving Award is available to employees in Washington state who are covered by industrial insurance, either through the State Fund or a Self-Insured employer. The lifesaving action must have been performed while on duty.

The award is for personally performing urgently required hands-on action in a lifesaving effort. In the case of law enforcement persons, fire fighters, EMTs, healthcare professionals, or other similar type professionals, such actions must not be part of their normal duties, but must be above and beyond the call of duty.

A Humanitarian Award may be given when the victim didn't survive in spite of the lifesaving efforts.

Special thanks to the Governor's Lifesaving Awards Committee Members: Tina Bacon, Jim Boyd, Dominique Damian, David Hundley, Mike Octave, Clint Sharp and Cheryl Triplett.

Awards Presenter



Deedee Sun is a television news anchor with KIRO 7. She's been covering stories across Western Washington for seven years, moving up from reporter to weekend anchor and now morning news anchor.

She's won two Emmy awards for Diversity, Equity and Inclusion (DEI) reporting and for breaking news coverage.

Previously, Deedee was a reporter for KWCH 12 in Wichita and Erie News Now in Pennsylvania. She double majored in Journalism and Economics at Boston University.

Outside of work, she enjoys cooking, baking sourdough bread, and going on adventures in the Pacific Northwest including hiking, camping, and foraging.

You can catch Deedee, along with Linzi Sheldon and Nick Allard on KIRO 7 each weekday morning from 4:30–7 a.m.

Governor's Lifesaving Awards Recipients

*Congratulations to all the recipients of the
2024 Governor's Lifesaving Awards!*



Avista Corp – Kelly Christman

An employee was working in the gas control room when he began to choke. Typically, the worker would be alone in the office, but fortuitously, he started choking just as another employee was arriving to pick up an additional shift. The second employee recognized his coworker was in distress and unable to speak, so he immediately performed the Heimlich maneuver, dislodging the obstruction. Thankfully, the second employee was in the right place at the right time to save the day.



FLOFORM Countertops – Kenny Estenson

Kenny was helping Travis install a new countertop and sink in a customer's Fall City home. Travis was cleaning dried silicon from around the rim of sink using a square razor blade in his right hand and bracing himself with his left hand. The razor blade hit some resistance then suddenly slipped causing a six-inch-deep laceration to Travis' left wrist. Kenny grabbed a roll of paper towels and told Travis to keep pressure on the cut while he called 911.

Travis was bleeding heavily, so the homeowner's son brought a bag of new shop rags to try to control it. When that didn't work, Kenny took off his belt to create a tourniquet while applying pressure to the wound. At the time, neither Kenny nor Travis realized the blade had hit his artery slitting it the long way. First responders praised Kenny for taking quick action with the tourniquet expressing that it most likely saved Travis's life. He was transported to the hospital for surgery to repair his artery.



Bonneville Power Administration – John Cain, Shawn Dishman, Craig Langan, Toni Lindsay, Travis Petty, Leander Pruitt

EC Company – Scott Burns

Resource Management Assoc. – Steve Parrish, Tim Pitts

Vitro Electric – Rob Ebeling

It was a regular Monday, beginning with the daily safety briefing that included pointing out the location of the Automated External Defibrillators (AED). That would be key to saving a life that day. A worker walking across the yard suddenly fell to the ground. One of his coworkers ran to help and immediately noticed he was not breathing and turning blue. He called 911, another coworker started CPR, and another ran for the AED in the nearby trailer. The crew continued CPR and shocking him with the AED, but he was still not breathing. Emergency personnel arrived and continued lifesaving measures on the way to the hospital.

The man spent two weeks in two different hospitals in critical condition, before he woke up complaining about his broken ribs and sternum. But, of course he was very thankful for his coworkers efforts to keep him alive. His wife and family echoed the praise given by EMS and the doctors who said the man would not be alive today if it weren't for the coworkers doing everything right.

Mason County PUD 3 – Darin Hall

Darin Hall, Assistant Operations Manager at Mason County PUD 3, witnessed his coworker, Brian Phipps, choking while they were in the crew room. Acting quickly, Darin performed the Heimlich maneuver until the obstruction was dislodged and Brian's breathing returned to normal. Darin remained calm and noted that his repeated years of First Aid & CPR training were instrumental in saving Brian's life.



Department of Transportation – Daniel Barnes, David Bowman, Mitchell Haynes, Mason Oliver

An employee was eating breakfast in the crew room when some food became lodged in his airway. He signaled to other crew members that he was choking. Mitchell Haynes was the first to reach him and performed the Heimlich maneuver. When the object did not completely clear, Daniel Barnes stepped in to relieve Mitchell with the thrusts until the food was completely dislodged and the employee was able to breathe. Mason Oliver called 911 and stayed on the line with dispatchers until medics arrived. Dave Bowman went out to open the gate to lead emergency personnel to the scene. The employee was taken to the emergency room for evaluation, but will be okay.



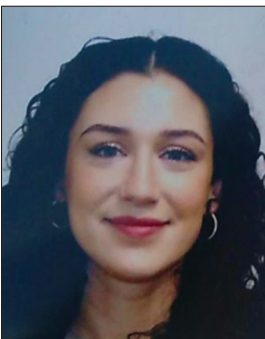
Whatcom County Public Works – Serena Dabney, Kelsey McLane, Eli Miller, Theo White

A frightening time when a vehicle caught fire while waiting to board the Whatcom Chief ferry to Lummi Island. The ferry crew including captain Serena Dabney, purser, Theo White, deckhand Eli Miller, and off-duty crewmember Kelsey McLane sprang into action, ensuring the safety of the passengers and putting out the fire with eight onboard fire extinguishers. By the time Whatcom Fire District 8 arrived on scene, the fire was contained. There were no injuries or damage to property other than the car. This event highlights the importance Whatcom County Public Works places on training. Car fires are emergencies the ferry crew trains for all year.



Department of Transportation Ferries – Justin Huggins, Justin McCaughan, Brandon Torres, David Wickland

The passengers of a 37-foot cabin cruiser were off the coast of Rosario Strait when rough seas sent four to six foot waves crashing into the boat. The waves shattered the windshield of the boat, cutting some of the passengers. It also damaged their VHF radio, but luckily, they were able to call for help. The crew of the ferry Samish overheard the Coast Guard asking for the boat's location and was able to get to it quickly blocking it from the wind and rough seas. When they arrived, they saw passengers of the boat waving their arms and bailing water out of the vessel with a five-gallon bucket. The crew of the Samish launched a rescue boat, taking lifejackets for those on the boat who didn't have them. They transferred four passengers to the rescue boat, leaving two uninjured passengers and two dogs on the distressed boat. The rescued passengers received medical attention for hypothermia and cuts from the broken windshield. A Coast Guard boat escorted the distressed boat and its remaining passengers back to Anacortes. There were no significant injuries.



Parke Creek Community Juvenile Rehabilitation, DCYF – Rachel Sullivan

During a routine night with the program Rachel Sullivan, a residential counselor supervisor, was approached by a resident complaining of itching eyes and discomfort in his throat. The resident said he'd eaten some candy he wasn't familiar with. Rachel soon noticed the resident's arms were swelling and he had hives. She knew the resident had past reactions to coconut, so she injected him with an EpiPen and transported him to the hospital where he was admitted until he became stable.



Renton School District – Farley Haruo, John Holbrook, Rashaad Powell, Carmen Trezza, Joshua Willecke

A number of Renton High School staff are being praised for saving the life of a 10th grade student. A classmate saw the boy collapse during PE class and ran to teacher Joshua Willecke for help. Joshua called for additional staff and was soon met by safety and security officer Farley Haruo, who called 911 and provided incident details. District safety officer John Holbrook and assistant principal Rashaad Powell arrived shortly before school the school nurse Danica McLain arrived. She immediately began chest compressions. Rashaad retrieved the AED machine and started calling the student’s mother. John took over compressions so the nurse could shock the student’s heart. They resumed CPR until office manager, Carmen Trezza, guided emergency personnel to the student. Rashaad brought the student’s mother to him as well before he was transported to Children’s Hospital in Seattle. The student is making a good recovery while his care time tries to determine the reason for his cardiac arrest.



Department of Labor & Industries – Dustin Symonds

It was a cold and snowy morning when Dustin was on his way to an electrical inspection in Port Orchard. He drove around a corner and suddenly saw elderly man lying on the ground in obvious distress. The man’s grandson was struggling to get him up. Dustin stopped to help and was told the man had been down for nearly three hours. Dustin instructed the grandson to get some blankets. They grabbed a folding

chair that was nearby and were able to get the man into the chair and cover him. When Dustin asked the grandson why he had not called 911, he said his grandpa was “too stubborn.” Dustin went to his car, called 911, and returned to the man and stayed with him until medics arrived. He later checked on the man in the hospital and although he was suffering from hypothermia, Dustin was glad to hear the man was going to be okay.

Humanitarian Award Recipients



**Department of Fish & Wildlife –
Jeremy Culican, Lennah Shakeri Mohar**

National Oceanic and Atmospheric Administration – Jeff Harris

Jeremy Culican, Lennah Shakeri Mohar and Jeff Harris were out on Lake Washington providing scuba diving training for students and upcoming diving instructors. Jeff heard a call from the Coast Guard reporting a missing diver in the area. Several minutes later, Jeff saw something floating in the distance. He, along with Jeremy and Lennah, went to investigate and discovered it was the missing diver. It took all three of them to pull him from the water. When they got him in the boat, they cut off his diving equipment and immediately started CPR. They called the Coast Guard but for some reason, they did not hear their call over the radio. Jeremy and Jeff continued to perform CPR while Lennah drove the boat to shore, where the EMT's and the Fire Department were waiting. The diver was transported to the hospital where he later died. Jeremy, Lennah and Jeff are being recognized for the heroic act they performed trying to save a life.