

**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

**FORM 8-K**

**CURRENT REPORT**

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

**February 28, 2014**

Date of Report (Date of earliest event reported)

**RED METAL RESOURCES LTD.**

(Exact name of registrant as specified in its charter)

**NEVADA**

(State or other jurisdiction  
of incorporation)

**000-52055**

(Commission File  
Number)

**20-2138504**

(IRS Employer Identification No.)

**195 Park Avenue  
Thunder Bay**

**Ontario, Canada**

(Address of principal  
executive offices)

**P7B 1B9**

(Zip Code)

**1 (807) 345-5380**

Registrant's telephone number, including area code

**NOT APPLICABLE**

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- ☐ [ ] Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - ☐ [ ] Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - ☐ [ ] Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - ☐ [ ] Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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**ITEM 5.02      DEPARTURE OF DIRECTORS OR CERTAIN OFFICERS; ELECTION OF DIRECTORS;  
APPOINTMENT OF CERTAIN OFFICERS; COMPENSATORY ARRANGEMENTS OF  
CERTAIN OFFICERS.**

On February 28, 2014 the board of directors of Red Metal Resources Ltd. granted the following options to the Company's executive officers from the Company's 2011 Equity Incentive Plan:

<b>Name of Executive Officer</b>	<b>Number of Shares</b>
Joao (John) da Costa	300,000
Caitlin Jeffs	300,000

The options have an exercise price of \$0.15 per share and a term of two years.

## **SIGNATURE**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned, hereunto duly authorized.

### **RED METAL RESOURCES LTD.**

Date: February 28, 2014

By: /s/ Caitlin Jeffs

Name: Caitlin Jeffs

Title: Chief Executive Officer and President