



# The 5-day Family First Aid #ActFastChallenge

**Completed by:**

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# Are you ready to complete the 5-day First Aid Challenge?

Each day you will learn new first aid skills. There is also a daily challenge to complete in your own time.

All videos can be found on the Act Fast First Aid You Tube Channel.

Use this workbook to keep a record of what you have achieved.

**Day 1**    Signs of life  
              Calling 999  
              What3Words Challenge

**Day 2**    Looking after your casualty  
              ABC Challenge

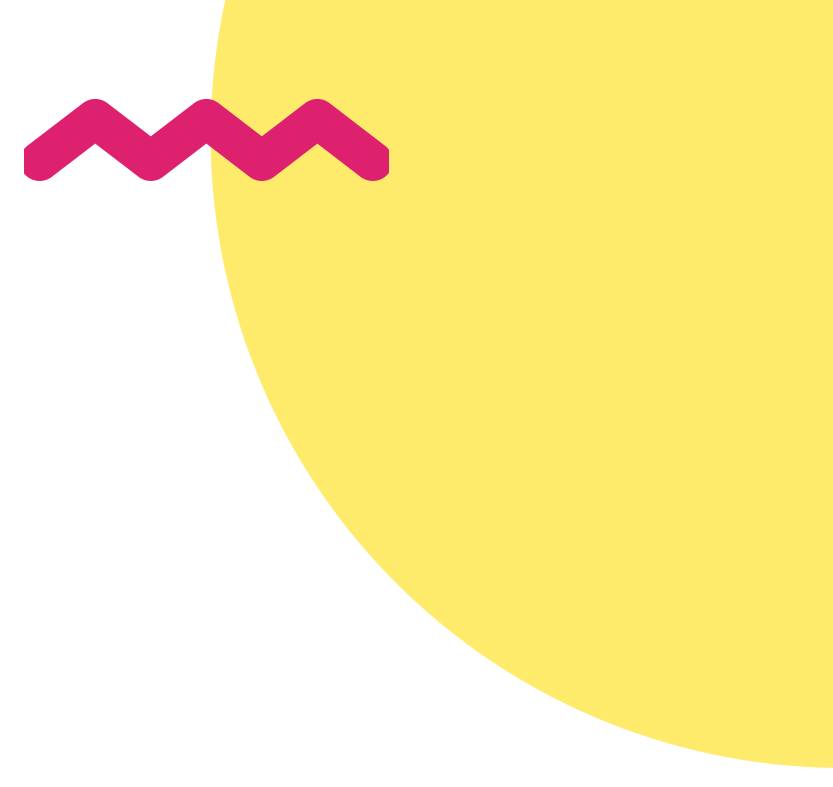
**Day 3**    Safe Airway Position  
              Video Challenge

**Day 4**    CPR  
              Defibrillator Challenge

**Day 5**    First aid for bleeding  
              Bandaging Challenge

**Bonus**    Family First Aid Kit Challenge

## #ActFastChallenge



# Skills and confidence

How are you feeling  
at the start of the  
#ActFastChallenge?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_



# DAY 1

Tick each activity as you complete it

**What is First Aid?**

**Watch the video - Day 1**

**Calling 999**

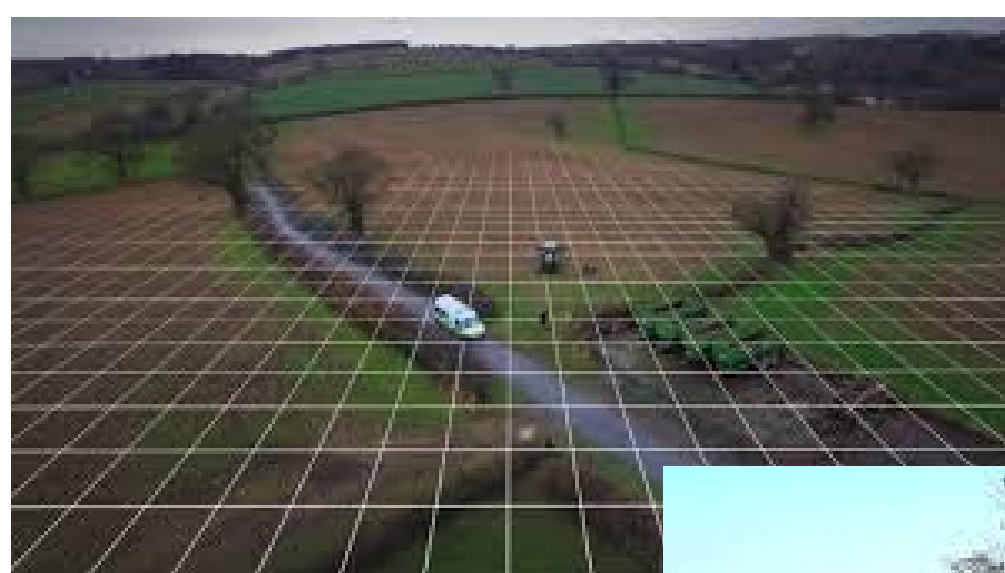
**Register for Emergency SMS**

**Challenge 1 - Map three places**

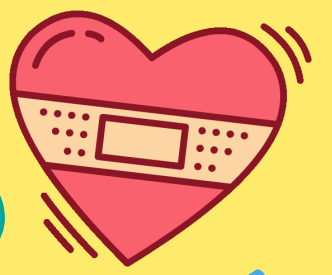
**using the what3words app:**



what3words



# What is First Aid?



**First Aid is when you help someone who is sick or hurt.**

**Who can be a first aider?**

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**Why is first aid important?**

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**Why is it important to think about keeping yourself safe?**

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**How do you think a casualty feels?**

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# Calling 999



You can call 999 or 112 in an emergency.

These are both **FREE**

When you call 999, an operator will ask you which emergency service you require.

There are four. Can you name them?

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_



In a medical emergency, ask for an **ambulance** and you will be asked some questions.

Is the casualty breathing?

What address are you calling from?

What number are you calling from?

What is the reason for your call?

Do you know your address and telephone number?

Write them here:

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what3words \_\_\_\_\_

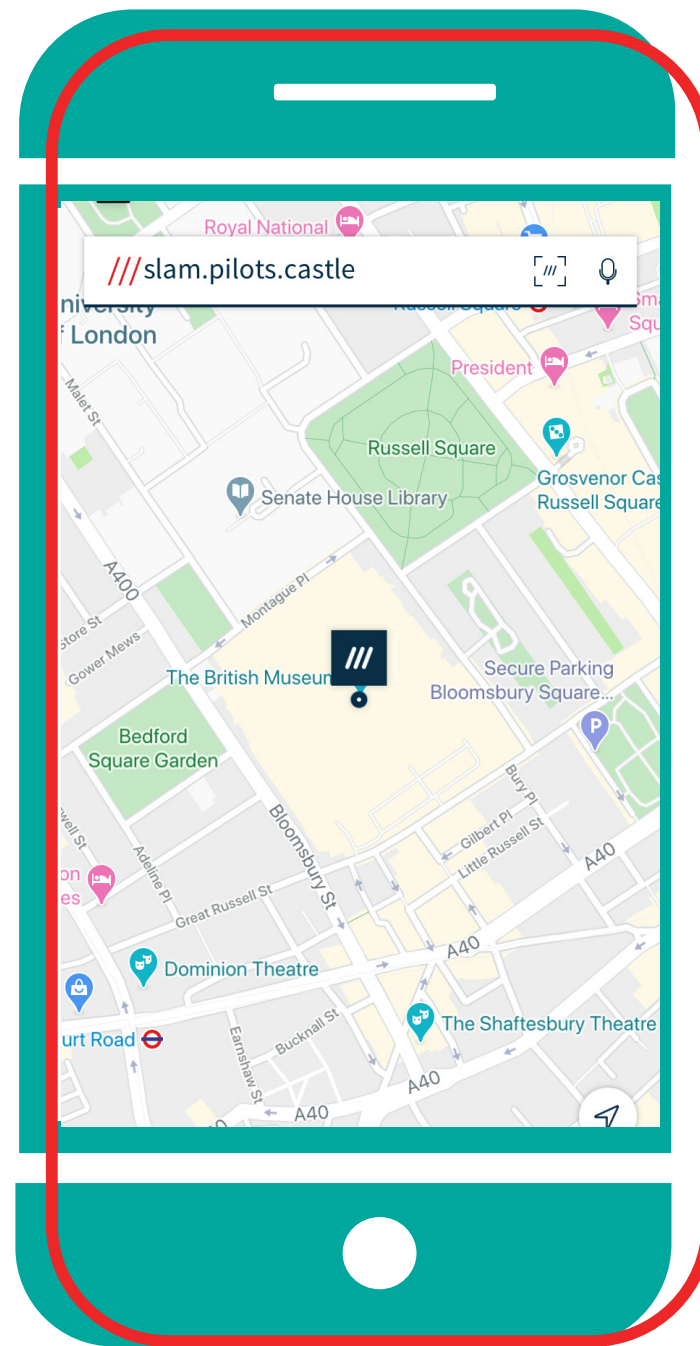


**#ActFastChallenge**

# What3Words



what3words



**Download the what3words app and use it to map 3 different places near your home**

**Location**

\_\_\_\_\_  
**what3words**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Location**

\_\_\_\_\_  
**what3words**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Location**

\_\_\_\_\_  
**what3words**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# DAY 2

Tick each activity as you complete it together.

Spotting dangers

Watch the video - Day 2

Practise ABC

Challenge 2 - complete the full ABC survey



# Keeping safe and spotting dangers



There are many dangers you may need to think about before helping a casualty at home or at school. Can you name them here?

**Kitchen**

**Living room**

**Garden**

**Classroom**

# Assessing the Casualty

If you can remember your **ABC**, then you will easily learn your first aid assessment plan.

**A**

Assess for **DANGER**

Alert response

Airway



**B**

Breathing

**LOOK, LISTEN AND FEEL** for

**2 breaths in 10 seconds**



**C**

Circulation

Check for **bleeding**



**#ActFastChallenge**



# DAY 3

Tick each activity as you complete it

Watch the video - Day 3

Place a casualty in a safe airway position

Challenge 3 - complete ABC and Safe Airway Position on a casualty



**Bonus task:**

Upload a video completing ABC and safe airway position to social media using:

**#ActFastChallenge**

Share with your class too!



**#ActFastChallenge**

# Safe Airway Position

We cannot leave an unresponsive casualty on their back. Why do you think this may be?

We must move them into a safe airway position.



## Step 1

**Kneel next to your casualty and check pockets. Move their arm closest to you and slide it along the floor. Lift the knee furthest away from you and then cross over the other leg so the foot is touching the floor.**

**Tip!** You may need to use two hands to lift the leg or get a helper.

## Step 2

**Keep hold of the knee if you can. With your other hand, reach over and take their hand and move it across and next to their cheek.**



## Step 3

**Slowly push down on their knee and keep supporting their head if you can.**

**Move their knee up so they don't roll onto their tummy.**



## Step 4

**Gently move their shoulder towards you. Take extra care with their head and neck. Your casualty should be on their side and eyes and mouth pointing towards the floor.**



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# DAY 4

Tick each activity as you complete it together

Watch the video for Day 4

Practise CPR

Challenge 4 - find a defibrillator



**Bonus Challenge:**

Create a poster about the importance of defibrillators and share with your school.

You will need a cushion or a teddy to do your CPR as you must never practise this on someone who is breathing.



**#ActFastChallenge**

# CPR

Always start with ABC and take quick action if your casualty is not breathing.

**Call 999 and start CPR**

**A**

Assess for **DANGER**

Alert response

Airway



**B**

Breathing

**LOOK, LISTEN AND FEEL**  
for 2 breaths in 10 seconds.

They are **NOT** breathing  
**CALL 999.**



**C**

**START CPR!**

Place 2 hands in the  
centre of the chest and  
press down hard and  
fast.



**Important - never practise CPR  
on someone who is breathing  
as it is very dangerous!**



**#ActFastChallenge**

# Defibrillator Challenge

Can you find the nearest defibrillator to your home?

By getting a defibrillator to a casualty who is not breathing in the first 3 - 5 minutes, can increase their chances of survival by up to 70 %

**They really do save lives!**



→ You do not have to be trained to use one

→ Just turn it on and follow the instructions



**Challenge 4 - find your nearest defibrillator, take a selfie and share its location on social media**



**#ActFastChallenge**



# DAY 5

Tick each activity as you complete it

Watch the video - Day 5

Challenge 5 - practise bandaging  
an arm, a leg and a head



**Bonus Challenge:**

Complete the bonus challenge and write  
or draw the items you need in a family  
first aid kit.



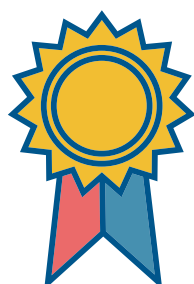
**#ActFastChallenge**

# Bleeding

Remember ABC first!

If you are giving first aid to a casualty who is bleeding, remember to always wear gloves when handling blood.

1. Ask your casualty to sit down
2. Check the wound. Is there anything stuck in it? Do not remove if there is.
3. Apply pressure to the wound to stop the bleed.
4. Apply a wound dressing from your first aid kit. This will help stop the bleed.
5. Check your bandage and make sure it's not too tight or too loose
6. If bleeding doesn't stop, call 999



**CHALLENGE** - now apply a bandage to a casualty, take a picture and post online using **#ActFastChallenge**

**#ActFastChallenge**



# Family First Aid Kits

Write a list or draw the items you may need in a family first aid kit

Where do you keep your family first aid kit?

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**#ActFastChallenge**



# Skills and confidence

## How you are feeling at the end of the #ActFastChallenge?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5

