**Act Fast First Aid**

This is a multi-awarding winning Act Fast Challenge in Schools that has now been adapted for you to take on this 5-day first aid challenge at home and learn vital life-saving skills together.

Download the booklet from www.actfastfirstaid.co.uk and complete the daily challenges.

1. [CLICK HERE](https://www.actfastfirstaid.co.uk/act-fast-challenge/) and then download the booklet on the blue ‘Act Fast Challenge at Home’ box.
2. For Act Fast Challenge Day 1 video click here [Day One](https://youtu.be/12voSEz-I7E)

Schools with more than 10 students completing the Act Fast Challenge will receive a certificate for their website.

Use the #ActFastChallenge on social media and I can answer your questions and share your achievements.