

SWA Health and Social Care Year 8 Summer Challenge



Challenge 1

Watch the video below and take a picture of a family member or friend in the recovery position.

[NHS First Aid - Recovery Position](#)

Challenge 2

Using a triangular bandage, have a go at putting your arm or a family members in a sling.
The video below will help.

[St John's Ambulance - Creating a Sling](#)

Challenge 3

Create a useful Fact File explaining the differences between CPR on a baby compared to an adult.
Include annotations and pictures to make your poster stand out.
The links below will help you.

[First Aid - CPR on Infants and Adults](#)

[AED - CPR on Infants and Adults](#)