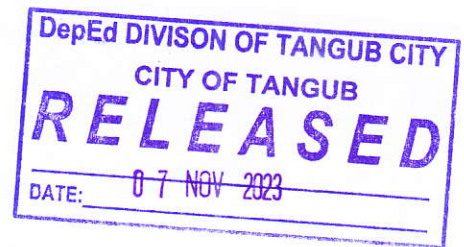




Republic of the Philippines  
**Department of Education**  
Region X  
**SCHOOLS DIVISION OF TANGUB CITY**



November 6, 2023

**DIVISION MEMORANDUM**  
No. 388, s. 2023

**CAPACITY BUILDING ON BASIC LIFE SUPPORT (BLS) AND FIRST AID (FA) TRAINING**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors (CID and SGOD)  
Education Program Supervisors  
Public Schools District In-Charge  
Public Elementary and Secondary School Heads  
Public Elementary and Secondary School DRRM Coordinators  
All Others Concerned  
This Division

1. Relevant to Republic Act 10821 (An Act Mandating the Provision of Emergency Relief and Protection for Children Before, During, and After Disasters and other Emergency Situations); and Republic Act 101 (An Act Strengthening the Philippine Disaster Risk Reduction and Management System, Providing for the National Disaster Risk Reduction and Management Framework and Institutionalizing the National Disaster Risk Reduction and Management Plan, this Division will conduct a **Capacity Building on Basic Life Support (BLS) and First Aid (FA)** on **November 8-10, 2023** at **Conference Hall, Tangub City National High School**.

2. The objectives of this activity are the following:

- a. Acquire knowledge and skills necessary in times of emergency
- b. Learn how to sustain life until the arrival of medical help
- c. Gain knowledge about the principles of emergency care, basic life support, cardiopulmonary resuscitation, rescue breathing, foreign body airway obstruction management, and automated external defibrillator (AED) procedures.

3. The participants of this activity are the Elementary and Secondary School DRRM coordinators.

4. Participants shall take charge of the Red Cross Membership Insurance Fee of P150.00 and triangular bandage (tituron cloth) for actual and practical examination on bandaging and CPR.

5. Meals and snacks shall be charged against Disaster Preparedness and Response Program (DPRP) FY 2023 funds subject to usual accounting and auditing policies, rules, and regulations.



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6. In compliance with the provision of DepEd Order (DO) NO. 022, s. 2023 otherwise known as Implementing Guidelines on the School Calendar and Activities for the School Year 2023-2024 and DO 9, s. 2025 Re Instituting Measures to Increase Engaged Time-on Task, teachers are directed to adopt distance learning delivery modality to ensure that learning competencies and objectives are still met.
7. Immediate and wide dissemination of this Memorandum is desired.

**SHAMBAEH A. ABANTAS-USMAN, PhD, CESE**  
Assistant Schools Division Superintendent  
OIC- Office of the Schools Division Superintendent







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**CAPACITY BUILDING ON BASIC LIFE SUPPORT (BLS) AND FIRST AID (FA)  
TRAINING**

**TRAINING MATRIX**

<b>TIME</b>	<b>ACTIVITY</b>	<b>IN-CHARGE</b>
<b>November 8, 2023 Day 1</b>		
8:00 – 8:30	Arrival of Participants	<b>Facilitators</b>
8:30 – 9:00	Preliminaries <ul style="list-style-type: none"><li>• Prayer</li><li>• National Anthem</li><li>• Mindfulness/Energizer</li><li>• Introduction of Participants</li></ul>	<b>Host Video Presentation</b>
9:00 -9:10	Welcome Remarks	<b>Lorna C. Penonal</b> Chief ES, SGOD
9:10 – 9:20	Inspirational Message	<b>Shambaeh A. Abantas-Usman, CESE</b> Assistant Schools Division Superintendent OIC- Schools Division Superintendent
9:20 – 9:30	Opening Message	<b>Lorena P. Serrano, CESO VI</b> Assistant Schools Division Superintendent
10:00 – 11:00	Introduction to First Aid and Basic Life Support	<b>Resource Speaker</b>
11:00 – 12:00	Competency 1 <ul style="list-style-type: none"><li>• Emergency Action Principle</li><li>•</li></ul>	
12:00 – 1:00	Lunch Break	<b>ALL</b>
1:00 – 3:00	Competency 2 <ul style="list-style-type: none"><li>• Cardiac Emergencies</li><li>• Respiratory Emergencies</li><li>• Soft Tissues Injuries</li></ul>	<b>Resource Speaker</b>
3:00 – 5:00	Actual Exercises	<b>ALL</b>
<b>November 9, 2023 Day 2</b>		
8:00 – 8:30	Preliminaries <ul style="list-style-type: none"><li>• Prayer</li><li>• National Anthem</li><li>• Mindfulness/Energizer</li></ul>	<b>Facilitators</b>
8:30 - 10:00	Competency 3 <ul style="list-style-type: none"><li>• Bleeding</li></ul>	<b>Resource Speaker</b>
10:00 – 12:00	Actual Exercises	<b>ALL</b>



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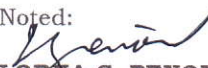
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Region X  
**SCHOOLS DIVISION OF TANGUB CITY**

12:00 – 1:00	Lunch Break	<b>ALL</b>
1:00 – 4:00	Head and Spine Injuries	<b>Participants</b>
4:00 – 5:00	Actual Exercise	<b>Participants</b>
<b>November 10, 2023 Day 3</b>		
8:00 – 8:30	Preliminaries <ul style="list-style-type: none"><li>• Prayer</li><li>• National Anthem</li></ul> Mindfulness/Energizer	<b>Facilitators</b>
8:30 – 10:30	Bones Joints and Muscle Injuries	<b>Resource Speaker</b>
10:30 – 12:00	Fainting	<b>Resource Speaker</b>
12:00 – 1:00	Lunch Break	<b>ALL</b>
1:00 – 3:00	Lifting and Moving	<b>Resource Speaker</b>
3:00 – 4:40	Actual Exercise	<b>ALL</b>
4:40 – 5:00	Closing Remarks	<b>Shieldon F. Honculada</b> Education Program Supervisor

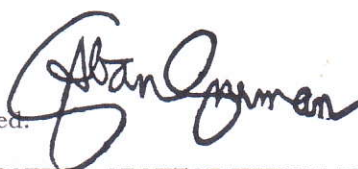
Prepared by

  
**MOHAMAD T. BATINGOLO**  
Project Development Officer II

Noted:

  
**LORNA C. PENONAL**  
Chief ES, SGOD

Approved:

  
**SHAMBAEH A. ABANTAS-USMAN, PhD, CESE**  
Assistant Schools Division Superintendent  
OIC- Office of the Schools Division Superintendent



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**CAPACITY BUILDING ON BASIC LIFE SUPPORT (BLS) AND FIRST AID (FA) TRAINING**  
**List of Participants**

SCHOOL NAME	NAME OF PARTICIPANTS
1. AQUINO ES	LORA MAY V. CASILE
2. BALATACAN BEACH PS	SHIYEVA MAY C. TORILLO
3. BALATACAN ES	WINBER BERG T. CAÑETE
4. BALUC ES	WENNIELYN B. YUAG
5. BANGLAY ES	JOVELYN C GULAHAB
6. BANGLAY NHS	FIDEL JR. ABING ABELLANA
7. BARANGAY TRES ES	MARY JABE F. REDOBLADO
8. BINTANA IS	PAUL ALEN B. RODRIGUEZ
9. BITOON PS	MAE LADYLOU Z. PINOTE
10. BOCATOR ES	JUVELYN T. BALBUENA
11. BONGABONG ES	RANDY Y. HINOG
12. BONGABONG NHS	DEBBIE S. DOROTEO
13. CANIANGAN NATIONAL HS	ROGETO O. LOPEZ
14. CAPALARAN ES	FREMELYN P. PAGLINAWAN
15. CAPALARAN WEST ES	CRISTEL C. SUMINGUIT
16. GARANG ES	LOWELL E. ANDUS
17. GUINABOT ES	JADE D. PEÑAS
18. GUINALABAN ES	DAISY F. IGNO
19. HOYOHYO ES	RHEYNAN L. RAMOS
20. ISIDRO D. TAN ES	MARYCRIS A. GERALDE
21. KAMPIT PS	JARVIES Y. BILBAR
22. KATAGAN ES	LEONARDO T. EPONG
23. KAUSWAGAN ES	ANGELINA D. LABRADOR
24. KIMAT ES	LOVELY FAIR M. PETILUNA
25. LABUYO ES	ROSALITA B. FERNANDEZ
26. LORENZO NATIONAL HS	FE C LAGBUNAN
27. LORENZO TAN MCS	RICHEL M. HONCULADA
28. LUMBAN ES	ROJALYN C. ABALOS
29. MALORO IS	PREJUN B. BITACURA
30. MANGA ES	ROCEL R. ARTAJO
31. MAQUILAO IS	JULIUS V. CANDANO
32. MATUGNAO ES	EVONIE D. BONCAVIL
33. MAYOR ALFONSO TAN HS	WELBY B. RICO
34. MINSUBONG ES	RHODA MAE P. ABATAYO
35. OWAYAN ES	FERDINAND A. ABELLANA
36. PAITON INTEGRATED SCHOOL	ALMA T. MENDOZA
37. PANALSALAN ES	SKYLYN P. SEJISMONDO
38. PANGABUAN BEACH ES	TESSIE E. ARCADIO
39. PANGABUAN IS	RACHEL P. MONDEJAR
40. POLAO IS	ARLENE D. ELECCION
41. PRENZA ES	JOEY V. TENEBRO
42. SALIMPUNO ES	FLORDELYN S. SABERON
43. SAN ANTONIO ES	MARIA NISSAN R. BETACHE
44. SAN APOLINARIO ES	ESTRELLA O. ALCOSEBA
45. SAN VICENTE ES	LEEERT M. DIMPASO



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46. SICOT ES	JOHNLEE G. SEBIAL
47. SILANGA ES	SHELINE M. CATALONIA
48. SILANGIT ES	ZIBBREN A. BUREROS
49. SILANGIT NHS	MCNELL O. SABANDAL
50. SIMASAY ES	JOANNE T. BATION
51. SIMASAY NHS	WILSON C. AGOT JR.
52. STA. CRUZ ES	JUNELYN P. DAGANG
53. STA. MARIA CS	CHRISTY T. MONTECLAR
54. STA. MARIA NHS	MICHAEL GREGOR S. MONDIA
55. STO. NINO ES	AILEEN M. MACAULANG
56. SUMIRAP CS	MARY CHRYS C. REYES
57. SUMIRAP NHS	CHRISTOPHER S. SEMILLA
58. TAGUITE ES	TERRY LOU D. LUMACAD
59. TANGUB CITY CS	JEROLD B. LEDRES
60. TANGUB CITY NHS	STEWART HAMAC
61. TITURON ES	DARRYL Z. CUIZON
62. TUGAS ES	JAVE G. VILLAPANIA
63. TUMATYAG PS	CYLAH MAE E. NAOJA
64. VIDASTO CARILLO ES	ANNALYN A. CALUNSAG
65. VILLABA ES	MYLA B. LIBREDO
66. SGOD, DIVISION OFFICE	MOHAMAD T. BATINGOLO
67. SGOD, DIVISION OFFICE	ARNIEL B. MEHOY
68. SGOD, DIVISION OFFICE	STEPHEN T. AMEN
69. SGOD, DIVISION OFFICE	WINNIE T. MENDOZA
70. SGOD, DIVISION OFFICE	CECILLE LOUELLE A. GULBE
71. SGOD, DIVISION OFFICE	BRIDE JOY M. CANDANO
72. SGOD, DIVISION OFFICE	REY A. MANLANGIT
73. SGOD, DIVISION OFFICE	ENGR. WILSON M. OZARAGA
74. CID, DIVISION OFFICE	PORFERIO MOSIQUERA
75. CID, DIVISION OFFICE	WILFREDO CANETE
76. CID, DIVISION OFFICE	ROGER DUHAYLUNGSOD
77. CID, DIVISION OFFICE	CHERYMIE KINATAC-AN
78. CID, DIVISION OFFICE	MARILOU GALVEZ
79. CID, DIVISION OFFICE	ROMEL HUERTAS
80. OSDS, DIVISION OFFICE	RONNIE SENARILLOS
81. OSDS, DIVISION OFFICE	ARNOLD MONTEFALCON
82. OSDS, DIVISION OFFICE	JULIUS ESTRELLA
83. OSDS, DIVISION OFFICE	WILLIAM BULAYBULAY
84. OSDS, DIVISION OFFICE	CARELYN VILLEGAS
85. OSDS, DIVISION OFFICE	DELMA DENAPO



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