



Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION
SCHOOLS DIVISION OFFICE OF BAGUIO CITY

2 February 2024

DIVISION MEMORANDUM
No. 067-2024

REFRESHER COURSE ON BASIC LIFE SUPPORT (BLS)

To : CID and SGOD Chief Education Supervisors
Public Schools District Supervisor
Public Elementary and Secondary School Heads
Public School DRRM Coordinators
All Others Concerned

1. The School Governance and Operations Division will be conducting a refresher course on Basic Life Support (BLS) to selected teaching and non-teaching personnel of SDO- Baguio City on February 8-10, 2024 at Puerto de San Juan, San Juan La Union.
2. The training aims to refresh participants on Basic Life Support (BLS) and to provide insights on Basic Disaster Risk Reduction and Management (DRRM) Concepts that schools may use during emergencies.
3. Participants to this training are Administrative Officers, Project Development Officers and interested teachers in the field of disaster management. Please see Enclosure 1 for the list of participants and Enclosure 2 for the Indicative Matrix. Two (2) days service credit and compensatory overtime credit will be given to participants. Also, participants are encouraged to be at the Division Office Grounds on February 8 (5:00 PM) for departure. Bringing of private vehicles is highly discouraged.
4. Transportation, accommodation, meals and snacks will be provided charged to DRRM-PS Fund 2023 subject to the usual accounting and auditing rules and regulations. However, participants who fail to attend the training will pay the amount 6,000.00.
5. This memorandum shall also serve as the travel order of the identified participants. Changing of participants after the release of this memorandum is highly discouraged.
6. Immediate and wide dissemination of this Memorandum is desired.

SORAYA T. FACULO PhD, CESO VI

Assistant Schools Division Superintendent
Officer-In-Charge

Office of the Schools Division Superintendent



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Enclosure 1: List of Participants

LAST NAME	FIRST NAME	MIDDLE INITIAL	SEX	ROLE
Agpay	Geoffrey	Q.	Male	Participant
Alban	Aiza	B.	Female	Participant
Alban	Robert	B.	Male	Participant
Alingbas	Mel	W	Male	Participant
Alo	Reymart	A	Male	Participant
Aridao	Clifford	S.	Male	Participant
Atimpao	Charles	P.	Male	Participant
Badival	Carther Junarry	T.	Male	Participant
Balong	Charlot	H.	Female	Participant
Bangsail	Menzie	V.	Female	Participant
Basilio	Jackie Lou	O.	Female	Participant
Benito	Delia	B.	Female	Participant
Bomogao	Rolly	P.	Male	Participant
Budeng	Rejoice	T.	Female	Participant
Cabusao	Joshua Anjo	L.	Male	Participant
Cacho	Engelbert	A.	Male	Participant
Cagaoan	Mark	M	Male	Participant
Calabias	Leah Marie	E	Female	Participant
Cal-Ong	Gerry	N	Male	Participant
Casio	Wanda	A.	Female	Participant
Corpuz	Melner	H	Male	Participant
Cutit	Julius	B.	Male	Participant
Danglose	Merlyn	D.	Female	Participant
Daniwis	Dennis	E.	Male	Participant
Degay	Lyn	F.	Female	Participant
Dela Cruz	Kristel Joy	B	Female	Participant
Demeterio	Marcelo	B.	Male	Participant
Eguia	Phoebe	F.	Female	Participant
Estocapio	Jacqueline	L.	Female	Participant
Fagcayang	Fely	B.	Female	Participant
Fagyan	Bonnaih	D	Female	Participant
Farrong	Gary	N.	Male	Participant
Fedelis	Mark	B.	Male	Participant
Fiao-Ag	Shudimay	C	Female	Participant





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Galian	Mark	L.	Male	Participant
Ganag	Gandalyn	A	Female	Participant
Gawisan	Liza Lee	S	Female	Participant
Hipolito	Aiza Grace	C.	Female	Participant
Lagasca	Maria Suzzette	S.	Female	Participant
Lamban	Joey	I	Male	Participant
Langgawan	Jessica Maureen	T	Female	Participant
Lee	Gerald	A.	Male	Participant
Lipaen	Yolanda	E.	Female	Participant
Lomasok	Catalina	A	Female	Participant
Luquey	Meryl Joy	J.	Female	Participant
Mabitazan	Keithley	D	Male	Participant
Mainim	Jason	P	Male	Participant
Managdag	Angel Jr.	L.	Male	Participant
Manga-usan	Isnar	I.	Female	Participant
Mangmangon	Jeric		Male	Participant
Mapili	Conrado Jr.	V.	Male	Participant
Marcelino	Perlie	G.	Female	Participant
Marcelo	Judica	E	Female	Participant
Mina	Alan	R	Male	Participant
Olatic	Rodalyn	B.	Female	Participant
Palacio	Ronald	M	Male	Participant
Parayao	John	B.	Male	Participant
Paspasan	Juliet	T.	Female	Participant
Pasul	Evelyn	A	Female	Participant
Pedralvez	Louisa	W	Female	Participant
Poyongan	Claire	C.	Female	Participant
Recto	Cynthia	R.	Female	Participant
Rodela	Nacky	F	Female	Participant
Sagsagap	Teodora	A.	Female	Participant
Santiago	Arianne	P.	Female	Participant
Sapalong	Ferdinand	S	Male	Participant
Sebastian	Sarah Joy	F.	Female	Participant
Simeon	Ambrocio Jr	A	Male	Participant
Sumayao	Flordeluna	B.	Female	Participant
Sumbembang	Lily Magdalene	D.	Female	Participant
Tomas	Freddie Jr.	G.	Male	Participant



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Tongyofen	Lesli	N	Female	Participant
Torres	Patricia Veronica	B	Female	Participant
Tulay	Abegail	G.	Female	Participant
Velasco	Julius	S.	Male	Participant
Wangdalo	Rosalina	D.	Female	Participant
Yangyang	Denise	L.	Male	Participant
Yangyang	Bearence	S.	Female	Participant
Yucaddi	Jennifer	I.	Female	Participant
Canam	Jovie Ann	B.	Female	Participant
Dumag	Jeahlyn		Female	Participant
Paris	Jose Jr		Male	Participant
Alcantara	Estela		Female	Participant
Santos	Rose Ann	G.	Female	Participant
Mayao	Sherielyn	B.	Female	Participant
Cachero	Marife	O.	Female	Participant
Codley	Isheen Leva	B	Female	Participant
Escobar	Nemhel	D.	Male	Speaker
Bano-oy	Romeo Jr.	B.	Male	Technical Working Group
Santos	Jimmy	S.	Male	Technical Working Group
Flamiano	Amil	S.	Male	Technical Working Group
Piok	Juliet	D.	Female	Technical Working Group
Trinidad	Stephanie		Female	Speaker
Sito	Mary Libiney	C.	Female	Speaker
Rillera	Francine	D.	Female	Technical Working Group
DOH- CHD Personnel				Speaker
DOH- CHD Personnel				Speaker
DOH- CHD Personnel				Speaker
DOH- CHD Personnel				Speaker
DOH- CHD Personnel				Speaker
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Enclosure 2: Indicative Matrix

Day 0 (February 8)		
Activity	Time	In-charge
Arrival, Registration and Opening Program	6:30 PM to 7:30 PM	Juliet Piok/ Amil Flamiano
Dinner	7:30 pm	
Day 1 (February 9)		
Preliminaries		
Opening Prayer	8:00-8:05 AM	AVP
Welcome Remarks	8:06-8:10 AM	Nino M. Tibangay, Chief SGOD
Statement of Purpose	8:11-8:15 AM	Jimmy Santos, SEPS
Roll Call of Participants	8:16-8:20 AM	Romeo Bano-oy, MT I
Mental Health Talk	8:21- 10:30 AM	Mary Libeney C. Sito, MD
Health Break	10:31-10:45 AM	
Introduction to Disaster Risk Reduction and Management	10:45-12:00NN	Stephanie Trinidad, LDRRMO II
Lunch Break	12:01-12:59 PM	
Continuation...	1:00-2:00 PM	Stephanie Trinidad, LDRRMO II
Emergency Rescue	2:01-5:00 PM	Nehmel Escobar, AO II
Dinner	6:30 PM onward	
Day 2 (February 10)		
Opening Prayer	8:00-8:05 AM	
Energizer	8:06-8:15 AM	Participants
Pre-test	8:16-8:30 AM	DOH-CHD
Legal Basis of Basic Life Support	8:31-8:59 AM	DOH-CHD
Principles of Emergency Care	9:00-10:00 AM	DOH-CHD
Introduction to Cardiopulmonary Resuscitation	10:01-12:00 NN	DOH-CHD
Lunch	12:00-1:00 PM	
Automated External Defibrillator	1:00-2:00 PM	DOH-CHD
Respiratory Arrest and Rescue Breathing	2:01-3:00 PM	DOH-CHD
Foreign Body Airway Obstruction Management	3:01-4:45 PM	DOH-CHD
Post Test	4:46-5:00 PM	DOH-CHD
Closing Program	5:01-5:30 PM	Juliet Piok/ Amil Flamiano
Home Sweet Home	5:31 onwards	
Master of Ceremony/ Facilitator:		Francine D. Rillera, Teacher III

