



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF BULACAN

October 18, 2024

DIVISION MEMORANDUM

No. 462 s. 2024

**DIVISION TRAINING ON STANDARD FIRST AID FOR PROJECT DEVELOPMENT
OFFICER I AND SELECT LAST MILE SCHOOLS FOCAL PERSON**

To: Assistant Schools Division Superintendents
Division Chiefs
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
Elementary and Secondary School DRRM Coordinators
All Others concerned.

1. In reference to Republic Act 10871 known as the Samboy Lim's Law, sponsored by former senator and now DepEd Secretary Sonny Angara, and DepEd Order No. 54 s, 2021 titled Implementing Rules and Regulations of RA 10871" the Schools Division Office of Bulacan shall conduct a 4-day live-in seminar workshop for Division Standard First Aid Training on October 22 to 25, 2024 at a venue to be announced.
2. This activity aims to:
 - a. Equip participants with the knowledge and skills to perform CPR and use other life- saving devices effectively in emergencies;
 - b. Teach individuals to recognize the signs of cardiac arrest, choking, and other life-threatening situations and respond promptly;
 - c. Foster confidence in participants to act in emergencies, reducing hesitation and increasing the likelihood of effective intervention; and
 - d. Increase awareness of the importance of early intervention and the chain of survival in improving patient outcomes.
3. The participants to this training are the 34 PDO I and 12 select last miles school's focal person (see attached training matrix as Enclosure I and enclosure II list of participants and resource persons).
4. The participants are encourage to wear comfortable clothes and rubber shoes suited to the activities.
5. This Memorandum serves as the travel authority of all participants.



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF BULACAN

6. Expenses to be incurred during the training shall be charged against the Disaster Preparedness Response Program Fund of 2024, while transportation expenses of all participants shall be charged against available local funds subject to the usual accounting and auditing rules and regulations.
7. Immediate and widest dissemination of this Memorandum is desired.


NORMA P. ESTEBAN, EdD., CESO V
Schools Division Superintendent



Republic of the Philippines
Department of Education
 REGION III
SCHOOLS DIVISION OF BULACAN

Enclosure I Training Matrix

Standard First Aid Training (SFAT)

SESSION	CONTENT	TIME FRAME	METHODOLOGY	MATERIALS
Introduction Course Orientation	<ul style="list-style-type: none"> ✓ Registration ✓ Course Requirements ✓ House Rules ✓ Grading System ✓ Pre-Test 	1 hour	Lecture- Discussion	LCD Projector, Laptop
Chapter 1 Primary Response to Emergencies	<ul style="list-style-type: none"> ✓ Preparing for Emergencies ✓ Understanding Your Role in the EMS System ✓ Obtaining Consent to Help ✓ Lowering the Risk for Infection ✓ Taking Action: The Emergency Action Steps <p><i>Skills:</i></p> <ul style="list-style-type: none"> - <i>Removing Latex-Free Disposable Gloves</i> 	2 hours	Lecture- Discussion & Demonstration	LCD Projector, Laptop
Chapter 2 Checking an Injured or Ill Person	<ul style="list-style-type: none"> ✓ Checking a Responsive Person ✓ Checking a Person Who Appears to Be Unresponsive <p><i>Skills:</i></p> <ul style="list-style-type: none"> - <i>Checking a Responsive Person</i> - <i>Checking a Person Who Appears to Be Unresponsive</i> 	2 hours	Lecture- Discussion & Demonstration	LCD Projector, Laptop
Chapter 3 Cardiac Emergencies	<ul style="list-style-type: none"> ✓ Heart Attack ✓ Cardiac Arrest ✓ Giving CPR ✓ Using an AED ✓ Working as a Team 	2 hours	Lecture- Discussion & Demonstration	LCD Projector, Laptop
	<p><i>Skills:</i></p> <ul style="list-style-type: none"> - <i>Giving CPR to an Adult</i> - <i>Giving CPR to a Child</i> 	1 hour	Lecture- Discussion & Demonstration	Blanket, Ventilation Manikin



Republic of the Philippines
Department of Education
 REGION III
SCHOOLS DIVISION OF BULACAN

	<ul style="list-style-type: none"> - Giving CPR to an Infant - Using an AED 			(Adult, Child, Infant)
	CPR Skills Examination	3 hours	Demonstration / Practice / Skills Exam	Blanket, Skills Sheet, Ventilation Manikin (Adult, Child, Infant)
Chapter 4 Choking	<ul style="list-style-type: none"> ✓ Risk Factors for Choking ✓ Signs and Symptoms of Choking ✓ First Aid for Choking <i>Skills:</i> <ul style="list-style-type: none"> - Caring for an Adult Who Is Choking - Caring for a Child Who Is Choking - Caring for an Infant Who Is Choking 	1 hour and 30 minutes	Lecture-Discussion & Demonstration	LCD Projector, Laptop, Blanket, Ventilation Manikin (Adult, Child, Infant)
Chapter 5 Sudden Illness	<ul style="list-style-type: none"> ✓ General Approach to Sudden Illness ✓ Respiratory Distress ✓ Asthma ✓ Allergic Reactions and Anaphylaxis ✓ Diabetic Emergencies ✓ Seizures ✓ Fainting ✓ Stroke 	1 hour and 30 mins.	Lecture-Discussion	LCD Projector, Laptop
Chapter 6 Traumatic Injuries	<ul style="list-style-type: none"> ✓ Shock ✓ Internal Bleeding ✓ Wounds ✓ Burns ✓ Muscle, Bone and Joint Injuries ✓ Head, Neck and Spinal Injuries ✓ Nose and Mouth Injuries ✓ Chest Injuries ✓ Abdominal Injuries ✓ Pelvic Injuries 	3 hours	Lecture-Discussion & Demonstration	LCD Projector, Laptop, Blanket, Backboard, Triangular Bandage, Cervical Collar, Set of Splints



Republic of the Philippines
Department of Education
 REGION III
SCHOOLS DIVISION OF BULACAN

	Skills: - Using Direct Pressure to Control Bleeding - Bandaging Techniques - Immobilization Techniques (Splinting and Backboard Management)			
	Bandaging and Immobilization Skills Examination	4 hours	Demonstration / Practice / Skills Exam	Blanket, Backboard, Triangular Bandage, Cervical Collar, Set of Splints
Chapter 7 Environmental Injuries and Illnesses	✓ Exposure Injuries and Illnesses ✓ Poisoning ✓ Bites and Stings ✓ Rash-Causing Plants ✓ Lightning-Strike Injuries	2 hours	Lecture-Discussion	LCD Projector, Laptop
Chapter 8 Emergency Moves	✓ Overview ✓ Lifting and Moving Techniques	30 minutes	Lecture-Discussion & Demonstration	LCD Projector, Laptop, Blanket
	Lifting and Moving Skills Examination	2 hours	Demonstration / Practice / Skills Exam	Blanket
Chapter 9 Special First Aid Situations	✓ Abuse ✓ Emergency Childbirth	30 minutes	Lecture-Discussion	LCD Projector, Laptop
Chapter 10 Injury Prevention	✓ General Strategies for Reducing the Risk for Injury ✓ Fire Safety ✓ Safety at Home ✓ Safety at Work	1 hour	Lecture-Discussion	LCD Projector, Laptop
Final Evaluation	✓ Post Test and Course Evaluation	1 hour	Pen and Paper Test	Questionnaire and Answer Sheets
Closing Ceremony		30 mins.		

Enclosure II LIST OF PARTICIPANT FOR DIVISION BLS CPR

no.	NAME	DISTRICT/ OFFICE	n	GENDER
1	Christian Dela Cruz	SDO Bulacan	Participant	Male
3	Mariel T. Austria	Hagonoy West	Participant	Female
4	Maria Paula R. Nunag	Calumpit North	Participant	Female
5	Nhaire Kyla C. De Jesus	Pulilan	Participant	Female
6	Princes Elaine R. Diego	Calumpit South	Participant	Female
7	Lorraine B. Magarro	Guiguinto	Participant	Female
8	Precila A. Magpayo	Bustos	Participant	Female
9	John Aldous B. Tanquis	Plaridel	Participant	Male
10	Angela May P. Solis	Obando	Participant	Female
11	Dennis Joseph G. Lustado	San Rafael East	Participant	Male
12	Shirley V. Layug	Sta. Maria East	Participant	Female
13	Bryan B. Gonzales	DRT	Participant	Male
14	John Patrick T. Alcantara	San Miguel South	Participant	Male
15	Christian G. Roque	San Miguel North	Participant	Male
16	Vincent T. Dullete	Norzagaray East	Participant	Male
17	Jhon Phaul Rhyzen C. Pascual	Norzagaray West	Participant	Male
18	Suzette J. Enriquez	Pandi South	Participant	Female
19	John Edel B. Centeno	Bocause	Participant	Male
20	Kristelle S. Maningas	Sta. Maria West	Participant	Female
21	Inald R. Gatlabayan	Sta Maria Central	Participant	Male
22	Evergene S. Ramos	Bulakan	Participant	Female
23	Katherine J. Lagman	Balagtas	Participant	Female
24	Emerhayah P. Azis	Paombong	Participant	Female
25	Irma Lerma C. Matic	Marilao South	Participant	Female
26	Janice B. Obra	San Ildefonso South	Participant	Female
27	Niña Judith G. Reyes	San Ildefonso North	Participant	Female
28	Terevic O. Mananghaya	Angat	Participant	Female
29	Evangeline S. Domingo	Hagonoy East	Participant	Female
30	Sheryl Ann J. Dizon	San Rafael West	Participant	Female
31	Jashel S. David	San Miguel Central	Participant	Female
32	Pamela Niña A. Sison	Batia HS	Participant	Female
33	Christian B. Francisco	Marilao North	Participant	Male
34	Von Christian Ocampo	Binakod ES	Participant	Male
35	Jomar C. Merino	Basyo ES	Participant	Male
36	Zandro P. Donceras	Bato ES	Participant	Male
37	Jeffrey C Dote	Talamsi II	Participant	Male
38	Arfel D. Alvaro	Kambubuyugan ES	Participant	Male
39	Arlene I. Lazaro	Pinag-anakan IS	Participant	Female
40	Kesiah N Ariate	Bato ES	Participant	Female
41	Reagan I. Santiago	Binakod ES	Participant	Male
42	Aljon Joseph Tolentino	Pinag-anakan IS	Participant	Male
43	Arnil Joseph L. Anillo	Talamsi II ES	Participant	Male
44	Mark Cee Es V. Sta Maria	San Miguel North	Resource Person	Male

45	Mark Angelo Dela Cruz	San Rafael West	Resource Person	Male
46	Jordan Ventura	Plaridel	Resource Person	Male
47	Roy Oliver G. Fama	Carlos Gonzales HS	Resource Person	Male
48	John Nilcon M. Abolencia	Alexis G. Santos	Resource Person	Male
49	Leandro Baluyot III	SDO Bulacan	Resource Person	Male
50	Ayessha T. Abiol	PDRRMO	Resource Person	Female
51	Raymond P. Carretero	Marilao south	Resource Person	Male
52	Pedro G. Lacap	SDO Bulacan	Proponent	Male