



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

August 11, 2025

**OFFICE MEMORANDUM**

No. 12 s. 2025

**Basic Life Support Training for Schools Division Personnel**

To: Assistant Schools Division Superintendents  
Division Chiefs  
Unit Heads  
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 3-day seminar workshop for Division Basic Life Support Training for Schools Division Personnel on August 26-28, 2025 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 select SDO Personnel (see attached training matrix as Enclosure I and enclosure II list of participants and resource persons).



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4. The participants are encouraged to wear comfortable clothes and rubber shoes suited to the activities.
5. This Memorandum serves as the travel authority of all participants.
6. Expenses to be incurred during the training shall be charged against the Disaster Preparedness Response Program Fund of 2025, 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



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LIST OF PARTICIPANTS			
No.	Name	Office	Training Designation
1.	Claire De Jesus	Finance	Participant
2.	Maria Perpetua B. Perez	Finance	Participant
3.	Dondee R. Torres	Supply	Participant
4.	Adrian Doroja	Records	Participant
5.	Kirsty Hanah Caparas	Records	Participant
6.	Armando M. Nabong Jr.	ALS	Participant
7.	Mhizzi Carol Mallari	ICT	Participant
8.	Lou Jim C. Robles	ICT	Participant
9.	Shaine Marie G. Atanacio	STOE	Participant
10.	Mary Ann P. Santos	Budget	Participant
11.	Redhen Jade D. Velasquez	SGOD	Participant
12.	Pamela Nina A. Sison	PDO I /JHS Cluster	Participant
13.	Ding Marie Torres	COA	Participant
14.	Clarisse Madelyn Trillana	COA	Participant
15.	Jennifer O. Daguman	CID	Participant
16.	Ivy Debhanny S. Cabañal	Cashier	Participant
17.	April Rose Roldan	HR	Participant
18.	Russell De Jesus	HR	Participant
19.	Camil Mallari	Office of the SDS	Participant
20.	Lucia C. Chico	HNU	Participant
21.	Ma. Elaine De Guzman	HNU	Participant
22.	Bernadette D. De Jesus	HNU	Participant
23.	Cecile C. Dineros	HNU	Participant
24.	Marites C. Evangelista	HNU	Participant
25.	Karen Lyn Gonzales	HNU	Participant
26.	Guevarra, Angeles	HNU	Participant
27.	Alino Mauro R. Gatdula	HNU	Participant
28.	Catherine Edriane S. De Guzman	HNU	Participant
29.	Ma. Leonora B. Ignacio	HNU	Participant
30.	Gerry R. Inoncillo	HNU	Participant
31.	Yolanda G. Jimenez	HNU	Participant
32.	Gary L. Lopez	HNU	Participant
33.	Shirley C. Burgos	HNU	Participant
34.	Jean Rochelle M. Mendoza	HNU	Participant



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36	Joseph Jones C. Silverio	HNU	Participant
37	Marie Anthonette T. Panganiban	HNU	Participant
38	Kathleen Ruth C. Rabusa	HNU	Participant
39	Mariezel M. Sulit	HNU	Participant
40	Arminda R. Valentino	HNU	Participant
41	Arren L. Ocaña	Legal	Participant
42	Jonathan Igaya	Pulo ES	SDO Instructors
43	Jeffrey M. Calilap	Salapunagn NHS	SDO Instructors
44	Teresa P. Alfonso	Calumpit NHS	SDO Instructors
45	Josephine O. Cabag	Dampol 1 <sup>st</sup> NHS	SDO Instructors
46	Junneth S. Gallardo	Dr. Felipe De Jesus NHS	SDO Instructors
47	Jodan S. Ventura	Don Nemencio Clemena MES	SDO Instructors
48	John Nilcon M. Abolencia	Alexis G. Santos HS	SDO Instructors
49	Mark Angelo G. Dela Cruz	Diliman ES	SDO Instructors
50	Roy Oliver G. Fama	Carlos F. Gonzales HS	SDO Instructors



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**TRAINING MATRIX**

**DAY 1**

7:30 – 8:00 AM | Registration  
8:00 – 8:30 AM | Course Orientation / Preliminaries / Safety Briefing  
8:30 – 10:00 AM | Chapter I – Early Response to Emergencies  
10:00 – 10:15 AM | Morning Break  
10:15 – 11:00 AM | Chapter II – Check, Call, Care  
11:00 – 12:00 NN | Chapter III – Circulation Emergencies & CPR  
12:00 – 1:00 PM | Lunch Break  
1:00 – 2:00 PM | Chapter III – CPR (cont'd) & Skills Practice  
2:00 – 3:00 PM | Skills Examination on CPR  
3:00 – 3:15 PM | Afternoon Break  
3:15 – 5:00 PM | Chapter V – Breathing Emergencies

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**DAY 2**

7:30 – 8:00 AM | Registration  
8:00 – 9:00 AM | Chapter VI – Sudden Illness & Medical Emergencies  
9:00 – 10:00 AM | Chapter VII – Environmental Illness  
10:00 – 10:15 AM | Morning Break  
10:15 – 11:00 AM | Chapter VIII – Soft Tissue Injuries  
11:00 – 12:00 NN | Bandaging Techniques – Demonstration & Practice  
12:00 – 1:00 PM | Lunch Break  
1:00 – 2:00 PM | Bandaging Techniques – Examination  
2:00 – 3:00 PM | Chapter IX – Head, Neck & Spinal Injuries  
3:00 – 3:15 PM | Afternoon Break  
3:15 – 4:15 PM | Chapter X – Bone, Muscle & Joint Injuries  
4:15 – 5:00 PM | Spine Board Management – Demonstration

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**DAY 3**

7:30 – 8:00 AM | Registration  
8:00 – 9:00 AM | Spine Board Management & Immobilization – Practice & Examination  
9:00 – 9:45 AM | Chapter XI – Special Situations & Circumstances  
9:45 – 10:00 AM | Morning Break  
10:00 – 11:00 AM | Lifting & Moving – Demonstration & Practice  
11:00 – 12:00 NN | Lifting & Moving – Examination  
12:00 – 1:00 PM | Lunch Break  
1:00 – 2:30 PM | Fire Safety Education & Skills Demonstration  
2:30 – 3:30 PM | Final Written Examination & Course Evaluation  
3:30 – 4:00 PM | Closing Program

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