



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

September 1, 2025

DIVISION MEMORANDUM

No. 408s. 2026

Basic Life Support Training (BLS) and Cardiopulmonary Resuscitation (CPR) for Teachers 2026

To: Assistant Schools Division Superintendents
Division Chiefs
Public Schools District Supervisor
Secondary Schools EDDIS Chairperson
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 (An Act Requiring Basic Education Students to Undergo Age-Appropriate Basic Life Support Training)" the Schools Division Office of Bulacan shall conduct a 3-day live-in seminar workshop for Division Basic Life Support Training for teachers on September 9-11, 2026 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 1 new teacher per district and 8 new teachers per EDDIS for secondary schools without training on basic life support.



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Each EDDIS Chairperson shall submit the list of participants prior to the date of the workshop.

4. The participants are encouraged to wear comfortable clothes and rubber shoes suited to the activities.
5. Enclosure 1 is attached to this memorandum for the training matrix and names of resource personnel.
6. This Memorandum serves as the travel authority of all participants.
7. Expenses to be incurred during the training shall be charged against the 2026 Division Inset fund, while transportation expenses of all participants shall be charged against available local funds subject to the usual accounting and auditing rules and regulations.
8. Immediate and widest dissemination of this Memorandum is desired.


CECILIA E. VALDERAMA, PhD, CESO VI
Schools Division Superintendent 



(enclosure 1 of the Office Memorandum No. 07s. 2026)

Basic Life Support And Cardiopulmonary Resuscitation (BLS-CPR) Training

DAY	TIME	SESSION / ACTIVITY	PERSON/S-IN-CHARGE
1	7:30 AM – 8:00 AM	Registration	
	8:00 AM – 8:30 AM	Course Orientation / Preliminaries / Briefing Safety	
	8:30 AM – 10:00 AM	Chapter I – Early Response to Emergencies	
	10:00 AM – 10:15 AM	Morning Break	
	10:15 AM – 11:00 PM	Chapter II – Check, Call, Care	
	11:00 AM – 12:00 NN	Chapter III – Circulation Emergencies and Cardiopulmonary Resuscitation (CPR)	
	12:00 NN – 1:00 PM	Lunch Break	
	1:00 PM – 2:00 PM	Chapter III – Circulation Emergencies and Cardiopulmonary Resuscitation (CPR) cont...	
	2:00 PM – 2:30 PM	Skills Practice on CPR	
	2:30 PM – 3:00 PM	Skills Examination on CPR	
	3:00 PM – 3:15 PM	Afternoon Break	
	3:15 PM – 4:00 PM	Skills Examination on CPR cont...	
	4:00 PM – 5:00 PM	Chapter IV – Automated External Defibrillation (AED)	

DAY	TIME	SESSION / ACTIVITY	PERSON/S-IN-CHARGE
2	7:30 AM – 8:00 AM	Registration	
	8:00 AM – 9:00 AM	Chapter V – Breathing Emergencies	
	9:00 AM – 10:00 AM	Chapter VI – Sudden Illness and Medical Emergencies	
	10:00 AM – 10:15 AM	Morning Break	
	10:15 AM – 11:00 AM	Chapter VI – Sudden Illness and Medical Emergencies cont...	
	11:00 AM – 12:00 NN	Chapter VII – Environmental Illness	
	12:00 NN – 1:00 PM	Lunch Break	
	1:00 PM – 2:30 PM	Chapter VIII – Soft Tissue Injuries	
	2:30 PM – 3:30 PM	Bandaging Technique Skills Demonstration	



	3:30 PM – 3:45 PM	Afternoon Break	
	3:45 PM – 4:15 PM	Bandaging Technique Skills Practice	
	4:15 PM – 5:00 PM	Bandaging Technique Skills Examination	

DAY	TIME	SESSION / ACTIVITY	PERSON/S-IN-CHARGE
3	7:30 AM – 8:00 AM	Registration	
	8:00 AM – 9:00 AM	Chapter IX – Head, Neck and Spinal Injuries	
	9:00 AM – 10:00 AM	Chapter X – Bone, Muscle and Joint Injuries	
	10:00 AM – 10:15 AM	Morning Break	
	10:15 AM – 10:45 AM	Spine Board Management Demonstration	
	10:45 AM – 11:30 AM	Immobilization Technique Skills Demonstration	
	11:30 AM – 12:00 AM	Spine Board Management & Immobilization Technique Skills Practice	
	12:00 NN – 1:00 PM	Lunch Break	
	1:00 PM – 2:00 PM	Spine Board Management & Immobilization Technique Skills Examinations	
	2:00 PM – 3:00 PM	Chapter XI- Lifting and Moving Skills Demonstration Fire Safety Education	
	3:00 PM – 3:15 PM	Lifting and Moving Skills Practice	
	3:15 PM – 4:15 PM	Final Written Examination and Course Evaluation	
	4:15 PM – 5:00 PM	Closing Program	

Technical working Group for Basic Life Support Training
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Training Team
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