





Department of Education
Region VIII
SCHOOLS DIVISION OF TACLOBAN CITY
TACLOBAN CITY



DIVISION MEMORANDUM NO. 303, s. 2022

Date : June 20, 2022

To : Assistant Schools Division Superintendent
Health and Nutrition Section
Division Personnel
Tacloban City Division

From :  **MARIZA SABINO-MAGAN EdD.,CESO V**
Schools Division Superintendent 


Subject: Basic Life Support (BLS) Training for Tacloban City Division Personnel

1. The Schools Division Office – Tacloban City recognizes the importance of safety for all division populace. Hence, SDO – Tacloban City will spearhead a training for selected Division Office personnel.
2. In line with this, the SDO- Tacloban City shall conduct a face-to-face training about the above-captioned activity on July 28 and 29, 2022. Venue will be announced later.
3. Relative to this, the following participants shall attend the said training:

Office	Number of Participants
Office of Schools Division Superintendent (OSDS)	10 Participants
Curriculum Implementation Division	10 Participants
Schools Governance & Operation Division	10 Participants
Health and Nutrition Section Personnel	10 Participants

4. Participants for Healthcare Providers / Lay Rescuers must be:
 - a. Not more than 59 years old;
 - b. High risk and vulnerable individual (elderly > 60 years, immunocompromised, or those with serious or unstable co-morbid conditions) **are not allowed**;
 - c. Not pregnant
 - d. **Valid Medical Certificate** (must present individually/ will be collected prior the start of training) with the following requirements:
 - Physically fit for the training
 - No respiratory symptoms at least/for the past 10 days
 - Not a COVID-19 suspect or close contact with a confirmed case
 - e. Participants may secure the Medical Certificate 5 days prior to the activity at the Health and Nutrition Section.
 - f. Must wear Protective Equipment on the training (Face Mask)



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5. Participants are required to come on time and to complete the whole duration of the course.
6. Expenses Incurred during the 2-day training shall be charged against HRTD Fund.
7. Attached is the copy of the program for your reference.
8. Immediate and wide dissemination of this Memorandum is desired.

Basic Life Support (BLS) Training for Tacloban City Division Personnel

July 28 & 29, 2022

Date & Time	Topic/activity	Methodology	Responsible Person
DAY 1			
7:50-8:00 AM	Registration and distribution of Kits		Support Staff
8:00 – 8:30 AM	Preliminaries <ul style="list-style-type: none"> • Nationalistic song • Prayer • Energizer 	Audio visual	Support Staff
8:30-9:00 AM	BLS Pre Test	Written Examination	Facilitators
9:00- 9:30 AM	In Opening Program Overview	Examination Questionnaire Multiple Choice	Facilitators
9:30-10:00 AM	Module 1 Part 1 : Principles of Emergency Care	Interactive Discussion Slides Presentation	Facilitator 1
10:00 -10:30 AM	Part 2: Introduction to Basic Life Support	Interactive Discussion Slides Presentation	Facilitator 2
10:30 – 12:00 AM	Module 2 Part 1: Cardio Pulmonary Resuscitation	Interactive Discussion Slides Presentation Skills Demonstration	Facilitator 3
12:00 – 1:00 PM	Lunch Break		
1:00 – 2:00 PM	Part 2: Automated External Defibrillator	Interactive Discussion Slides Presentation Skills Demonstration	Facilitator 4
2:00- 2:30 PM	Module 3: Part 1: Rescue Breathing	Interactive Discussion Slides Presentation Skills Demonstration	Facilitator 5
2:30– 3:00 PM	Part 2: Foreign Body Airway Obstruction Management	Interactive Discussion Slides Presentation Skills Demonstration	Facilitator 6
3:00- 3:15 PM	Module Review		Facilitator
3:15- 3:45 PM	BLS Post Test	Written Examination	
3:45- 5:00 PM	Individual Skill Practice	Mass Demonstration	All trainers
DAY 2			
8:30 – 11:30 AM	Graded Demonstration	Return Demonstration	All trainers
11:30- 12:00 PM	Synthesis & Closing		All trainers