Republic of the Philippines
Department of Education
REGION III
BATAAN HIGH SCHOOL FOR THE ARTS

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OCT 27 2026

SCHOOL MEMORANDUM
No. 193, s. 2026

PARTICIPATION IN THE OCCUPATIONAL FIRST AID AND BASIC LIFE SUPPORT–CARDIOPULMONARY RESUSCITATION (CPR) WITH AUTOMATED EXTERNAL DEFIBRILLATOR (AED) TRAINING

To: Deputy Directors
Chief, Functional Divisions
Teaching and Non-teaching Personnel
All Others Concerned

1. In the interest of promoting workplace safety, emergency preparedness, and the protection of the health and welfare of the school community, the Bataan High School for the Arts (BHSA) will conduct the Occupational First Aid and Basic Life Support–Cardiopulmonary Resuscitation (CPR) with Automated External Defibrillator (AED) Training on **November 27–29, 2026**, at a venue to be announced.

2. The activity aims to achieve the following objectives:

   a. To equip participants with basic knowledge and skills in providing first aid during workplace and school emergencies.
   b. To develop participants' competency in performing Basic Life Support (BLS), including CPR and the proper use of an AED.
   c. To strengthen emergency preparedness and promote a safe and responsive school environment.

3. All participants are encouraged to actively participate in the discussions, demonstrations, and hands-on exercises to enhance their knowledge, skills, and preparedness in responding effectively to emergency situations.

4. Attached herewith is the list of participants and activity matrix.

5. Immediate and wide dissemination of this Memorandum is earnestly desired.

MIA ARIANA P. TANCIONGCO, PhD
School Director/ Director III

Encl.: None
Reference: None
To be indicated in the Perpetua Index under the following subjects
DRRM BASIC LIFE SUPPORT
OSD06/ October 26, 2026

Annex A – List of Participants

OCT 27 2026

LIST OF PARTICIPANTS

OCCUPATIONAL FIRST AID & BASIC LIFE SUPPORT-CARDIOPULMONARY RESUSCITATION WITH AUTOMATED EXTERNAL DEFIBRILLATOR

November 27, 28, & 29, 2026
Within SBMA

No.	Name	Designation
1.	BRYAN M. SANTOS	DIRECTOR II
2.	FRANCE JOY V. BONAGUA	DENTIST I
3.	TIMI T. LABANDILO	NURSE I
4.	LOUISA DAWN A. DE GUZMAN	ND I
5.	JOYCE ANN V. SARTIGA	DORM MANAGER I
6.	LORNA B. YUMOL	DORM AIDE
7.	JENNIFER QUINTANS	DORM AIDE
8.	CRISTI G. CADAY	DORM AIDE
9.	ELEANOR B. FERIA	AO IV
10.	EMMANUEL C. FELICILDA	AO II
11.	JOMAR D. DELA CRUZ	AO IV
12.	OLIVER V. AREVALO	SAO
13.	HANNAH GRACE I. PEDROCILLO	PLANNING OFFICER I
14.	JENEVEI J. ACAR	PDO II
15.	RUSELL ALDEN R. MANGALINDAN	SPET I
16.	RALZEN M. SANTIAGO	TEACHER I
17.	MICHAEL MELVIN O. ODOEMENE	SPET I
18.	LOVELY JOAN CASCASAN	WATCHMAN
19.	CESIAH FAITH H. TUTOL	AO IV
20.	CHRISTIAN MANGALINDAN	ADAS II
21.	CHRISTIAN RODRIGUEZ	AO I
22.	ARMIDA V. GAVIOLA	LIBRARIAN II
23.	JAYVEE C. BANTUGAN	ADAS II
24.	DREXY DIANE R. DAVID	ADAS II
25.	DOREEN JOY P. MENDOZA	Red Cross Facilitator
26.	MARK HAROLD E. QUINTO	Red Cross Facilitator
27.	DAVE R. TRESVALLES	Red Cross Facilitator

FIRST AID AND BASIC LIFE SUPPORT TRAINING OUTLINE

Compressed 3-Day Training Program | 8:00 AM – 7:00 PM

DAY 1 — INTRODUCTION, EMERGENCY RESPONSE, CPR/AED, AND BASIC INJURIES

8:00–9:00 AM	Module I: Introduction to First Aid and Basic Life Support — Roles and Responsibilities of a First Aider; Objectives of First Aid; Characteristics of a Good First Aider; Basic Equipment in First Aid
9:00–10:00 AM	Module II: Emergency Action Principles — How to Start in Emergency Response; Emergency Action Principles; Head-to-Toe Assessment
10:00–10:15 AM	Morning Break
10:15 AM–12:45 PM	Module III: CPR and AED Operation — Conditions of Cardiac Arrest; Compression-Only CPR; Ways to Ventilate the Lungs; Criteria for Not Starting CPR; When to Stop Giving CPR; BLS Sequence (Procedure); Skills for CPR Using Half Body Mannequin (Group of 4); Principles of Early Defibrillation; Structure and Functions of AED; Steps to Operate All AED; Special Situations; AED Procedure
12:45–1:30 PM	Lunch Break
1:30–2:45 PM	Module IV: FBAO and RB — Causes; Types; Classifications; Management
2:45–4:15 PM	Module V: Bleeding and Shock — Types of Bleeding; Types of Shock; Management for Shock
4:15–4:30 PM	Afternoon Break
4:30–6:00 PM	Module VI: Soft Tissue Injury — Wounds; Burns; Management; Specific Body Injuries; Bandaging Technique
6:00–7:00 PM	Review and Practical Skills Reinforcement — Modules I–VI

DAY 2 — POISONING, HEAD AND SPINE INJURIES, MUSCULOSKELETAL INJURIES, AND MEDICAL EMERGENCIES

8:00–9:00 AM	Module VII: Poisoning — Ways of Poisons; Management for Poisons
9:00–10:30 AM	Module VIII: Head and Spine Injury — Causes; Types of Injury; Management; Proper Removal of Helmet; C-Collar Application
10:30–10:45 AM	Morning Break
10:45 AM–12:15 PM	Module IX: Bones, Joints, and Muscle Injuries — Causes; Types of Injury; Management; Splinting; Roller Bandage Application
12:15–1:00 PM	Lunch Break
1:00–3:30 PM	Module X: Medical Emergencies — Causes; Types of Injury; Management
3:30–3:45 PM	Afternoon Break
3:45–5:15 PM	Module VI: Soft Tissue Injury — Practical Skills and Review — Wounds; Burns; Management; Specific Body Injuries; Bandaging Technique
5:15–7:00 PM	Practical Skills Reinforcement — CPR/AED, bleeding control, bandaging, splinting, and review of Modules VII–X

DAY 3 — ENVIRONMENTAL EMERGENCIES, SPECIAL SITUATIONS, LIFTING AND MOVING, AND EXAMINATIONS

8:00–9:00 AM	Module XI: Environmental Emergencies — Topics as listed in the original outline
9:00–10:30 AM	Module XII: Special Situations — Water Safety; Emergency Childbirth
10:30–10:45 AM	Morning Break
10:45 AM–12:45 PM	Module XIII: Lifting and Moving — Kinds of Drills; Emergency and Non-Emergency Move; Lifting
12:45–1:30 PM	Lunch Break
1:30–2:30 PM	Written Examination
2:30–4:00 PM	Bandaging Examination
4:00–4:15 PM	Afternoon Break
4:15–6:15 PM	CPR Examination
6:15–7:00 PM	Final Review, Evaluation, and Closing Activities