



2603-394

Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF VIGAN CITY

Division Memorandum
No. 172, s. 2026

TRAINING ON BASIC LIFE SUPPORT (BLS) AND STANDARD FIRST AID

To: Assistant Schools Division Superintendent
Chief Education Supervisors (CID & SGOD)
Public Elementary and Secondary School Heads
All others concerned

1. In relation to the upcoming intensive training and Region 1 Athletic Association (R1AA) meet and other unexpected incidents, the Schools Division Office of Vigan City in collaboration with the City Disaster Risk Reduction and Management Office (CRDRRMO) will conduct a training on Basic Life Support and Standard First aid on **March 9-10, 2026 at the Vigan City Disaster Risk Reduction and Management Office, Brgy. Ayusan Sur, Vigan City.**
2. This activity aims to equip participants with foundational knowledge and practical skills in performing basic life support techniques and first aid and to ensure the readiness and preparedness of participants to respond to medical emergencies in schools and office.
3. The participants in this activity are the School Health and Nutrition Personnel, Division DRRM Coordinator, Selected School DRRM Coordinators and Selected coaches and assistant coaches.
4. Attached are the list of participants and Program of Activities (See Annex A and B).
5. This memorandum serves as the Locator Slip to all the identified participants.
6. Immediate dissemination of the memorandum is desired.



VILMA D. EDA, CESO V
Schools Division Superintendent



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ANNEX A

LIST OF PARTICIPANTS

NO.	NAMES OF PARTICIPANTS	POSITION	SCHOOL/EVENT
1	Arlyn D. Batulan, MD	MO III	SDO-SHNU
2	Laurie Angela M. Agati	Nurse II	SDO-SHNU
3	Maria Korynne P. Taborda	Nurse II	SDO-SHNU
4	Ericha S. Baja	Nurse II	ISNHS
5	Charmaine Antiporda	Nurse I	ISNHS
6	Cherry P. Marcos	TA 1	SDO -SHNU
7	Raymart Q. Quedado	PDO I	SDO DRRM Coordinator
8	Alma Inamorata Nebab	PDO	TES
9	Erlyn C. Abille	Teacher VI	BPES
10	Bernadette D. Frial	Teacher VI	CAMES
11	Neill Onemig A. Purisima	AO II	NES
12	Mark Linn T. Ricotoso	PDO I	CAPEB
13	Krystel Elaine Marie U. Catura	AO II	BMSW
14	Katrine Anne R. Arce	AO II	SJES
15	Ma. Angelica A. Taberna	AO II	APES
16	Jomar A. Saem	AO II	VNHSE
17	Gloaida D. Reclusado	AO II	JSES
18	Analyn Rose S. Azada	ADAS III	GESIIMS
19	Beryl A. Reminajes	Teacher VI	CCES
20	Ma. Jesusa Managad	Teacher VI	VCS
21	Mark Jason Raboy	AO II	PIS
22	Naira Abigail T. Segui	AO II	BMSE
23	Deus John Q. Molina	Admin Aide IV	ISNHS
24	Genius C. Asper	AO II	SPBES
25	Janine Austine O. Rafanan	AO II	VNHSW
26	Willie Vanne P. Pre	ADAS III	RPES
27	Oiner Rafanan	AO II	RES
28	Khlemen Cabotaje	Assistant coach	Athletics
29	Noreen Dominica Ballerta	Assistant coach	Athletics
30	Joseph Bautista	Assistant coach	Baseball
31	Rino Manliguez	Assistant coach	Basketball
32	Judy Ann Tamag	Chaperone	Basketball
33	Marvelous Ragasa	Coach	Boxing
34	Ryan Panogao	Assistant coach	Football
35	Anthony Rin	Assistant coach	Football
36	Cherry Anne Almare	Coach	Futsal
37	Donnalyn Carino	Coach	Gymnastics
38	Ryan Rapadas	Coach	Gymnastics
39	Mary Mae Javier	Coach	Paragames
40	Jade Cesar Fernandez	Coach	Pencak Silat
41	Mark Anthony Domingo	Assistant coach	Sepak Takraw
42	Estrelita A. Refuerzo	Coach	Swimming
43	Jhonierenne Ghreg Quilana	Assistant coach	Taekwondo



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44	Jane Pauleth Ragudo	Assistant coach	Taekwondo
45	Mc Cloyd Paa	Coach	Volleyball
46	Bernadette S. Paiste	Assistant coach	Volleyball
47	Sheidahlyne Reynon	Coach	Weightlifting
48	Wilbert John Ross Tabangin	Coach	Wrestling
49	Pamela Marinas	Coach	Wushu



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ANNEX B

PROGRAM OF ACTIVITIES

TIME	PARTICULARS
DAY 1	
7:30 AM - 8:00 AM	Arrival and Registration
8:00 AM - 8:15 AM	Opening Program
8:15 AM- 8:30 AM	Leveling of Expectations
8:30 AM- 9:00 AM	Pre-Test
9:00 AM - 10:00 AM	Principles of Emergency care
10:00 AM - 10:30 AM	Morning Break
10:30 AM - 12:00 NN	Bandaging of Soft Tissue Injuries
12: 00 NN - 1:00 PM	Lunch Break
1:00 PM - 2:30 PM	Lifting, Moving and Carrying of the Sick and Injured
2:30 PM - 3:00 PM	Afternoon Break
3:00 PM - 4:00 PM	Splinting of Suspected Fractured Extremities
4:00 PM - 5: 00 PM	Management of Head, Neck and Spine Injuries
5:00 PM- 5:30 PM	Post Incident Evaluation
DAY 2	
7:30 AM - 8:00 AM	Arrival and Registration
8:00 AM - 8:30 AM	Recapitulation
8:30 AM - 10:00 AM	Session 1: Introduction to Basic Life Support
10:00 AM - 10:30 AM	Morning Break
10:30 AM - 12:00 NN	Session 2: CPR, Automated External Defibrillation and FBAO
12: 00 NN - 1:00 PM	Lunch Break
1:00 PM - 4:00 PM	Fire Safety Management
4:00 PM - 4:15 PM	Hose Laying and Connecting
4:15 PM - 4:45 PM	Demonstration How to Extinguish Fire
4:45 PM - 5:15 PM	Closing Ceremonies

