



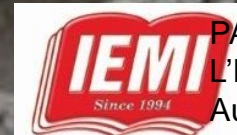
**e** n e r g y

DEVELOPMENT CORPORATION

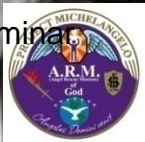
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L'Fisher Hotel, Bacolod City  
August 28-31, 2019



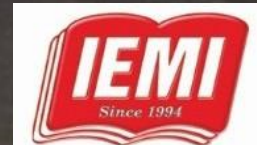
# Readiness in Times of Emergencies & Disasters (RTED)



PAGBA 2019 3rd Quarter Seminar  
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# WHERE ARE YOU



- AWARENESS
- PREPAREDNESS
- RESPONSE





## **Dr. Teofredo 'RTED' T. Esguerra**

He is a man of many talents and skills - a doctor, an environmentalist, an athlete and marathoner, a rescue specialist, a resource speaker, a teacher, and even a singer. And now a "writer" can be added to his many talents through the realization and completion of this handbook.

Doc Ted, as he is mostly known, obtained his doctoral degree in Bicol Christian College of Medicine, Legaspi City, Albay. As an operational doctor, he has served in many fields and expeditions including the earthquake in Nepal where he and his team facilitated Air MEDEVAC of trauma cases from the field to hospitals. He was also the Expedition & Wilderness Emergency Medical Services Physician of the Philippine Mt. Everest Expedition Team and the Voyage of the Balangay. He is trained on Urban and Wilderness Rescue, Aviation Medicine, Expedition Medicine for Tropical and Alpine Mountain Operations, Tactical Medicine, and Disaster Management.

As a rescue and disaster management specialist, he is the Philippine Representative to the International Search & Rescue (ISAR) Conferences since 2014 to present. He is also the founder and course designer of the volunteer national rescue team known as the Wilderness Search & Rescue (WISAR) Team. He was once the Officer-in-Charge of one of the elite rescue teams of the Philippines --- the Specialized Medical Assistance Response Team (SMART) of the Philippine Coast Guard.

Presently, he is the subject matter expert of the TV and radio programs titled Red Alert, which is co-hosted by Atom Araullo and Prof. Mahar Lagmay. It deals with the issues of disaster preparedness, emergency response, survival, safety & security topics, and rescue. The show is televised around the world through ABS-CBN's The Filipino Channel.

---

"Doc Ted is the guy you want by your side when the apocalypse strikes. The quintessential disaster preparedness nerd, having him around will certainly up your chances of survival. But over and above the skills he has acquired over the years, it is his enthusiasm and generosity that are truly admirable. Doc Ted will not hesitate to lend a helping hand, and continues to spread the gospel of Disaster Risk Reduction as a way of life. Mabuhay ka Doc!"

- ATOM ARAULLO, ABS CBN Red Alert Anchor

Readiness in Times of Emergencies and Disaster

# **Readiness in Times of Emergencies and Disasters**

## **HANDBOOK**

**Dr. Ted  
"Everest Doc"  
Esguerra**

Presented at the 2019 3rd Quarter Seminar  
Luzerner Hotel, Bacolod City  
August 28-31, 2019

with Foreword by Oscar M. Lopez



"Preparation through education is less costly than learning through tragedy."

-Max Mayfield, Director  
National Hurricane Center



# Remember the P's

## “AMAT VICTORIA CURAM”

(Victory  
Loves  
Preparation)

*“Chances will  
always favor  
the prepared  
mind...”*



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# THE P's



1. Psyche, Paradigm Change
2. Positive Attitude
3. Protracted Concepts
4. Profile
5. Plan
6. Prepare
7. Promote PHIVOLCS, PAGASA, PNP, atbpa
8. Personalize the capacity
9. Pack up
10. Pile Up
11. Prioritize
12. Post-it
13. Place to assemble/evac
14. Practice, Polish the drill
15. Preventive measures
16. Partnership
17. Participate
18. Platform of Support
19. Passover
20. Press the gas
21. Palpate the Earth
22. Plant/Process your own
23. PRAY, PRAY, PRAY

*Salvare Servimus*  
SEKOLAH SAHA







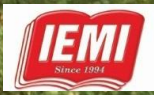


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THE EXPONENT OF PHILIPPINE PROGRESS  
SINCE 1900

# MANILA BULLETIN

PHILIPPINES' LEADING NATIONAL NEWSPAPER



131 villages in Pampanga, Bulacan remain isolated due to floods

By **FRANCO G. REGALA** and **FREDDIE C. VELEZ**

Floodwaters flowing downstream from Nueva Ecija and other mountainous areas in Luzon continue to swamp Pampanga ▶22

**MISSION POSSIBLE** — Hanging out on the side of a helicopter, a trained rescuer of Pure Force and Rescue Corporation gives residents trapped by flood on the roof of their house the signal that relief packs will be dropped their way in Calumpit, Bulacan, yesterday. (Federico Cruz)

**WEATHER**

**Luzon**  
partly cloudy to cloudy w/ isolated rainshowers and/or thunderstorms

**Visayas**  
partly cloudy to cloudy w/ isolated rainshowers and/or thunderstorms

**Mindanao**  
partly cloudy to cloudy w/ isolated rainshowers and/or thunderstorms

**Manila**  
partly cloudy to cloudy w/ isolated rainshowers and/or thunderstorms

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# Ombudsman strikes again



energy  
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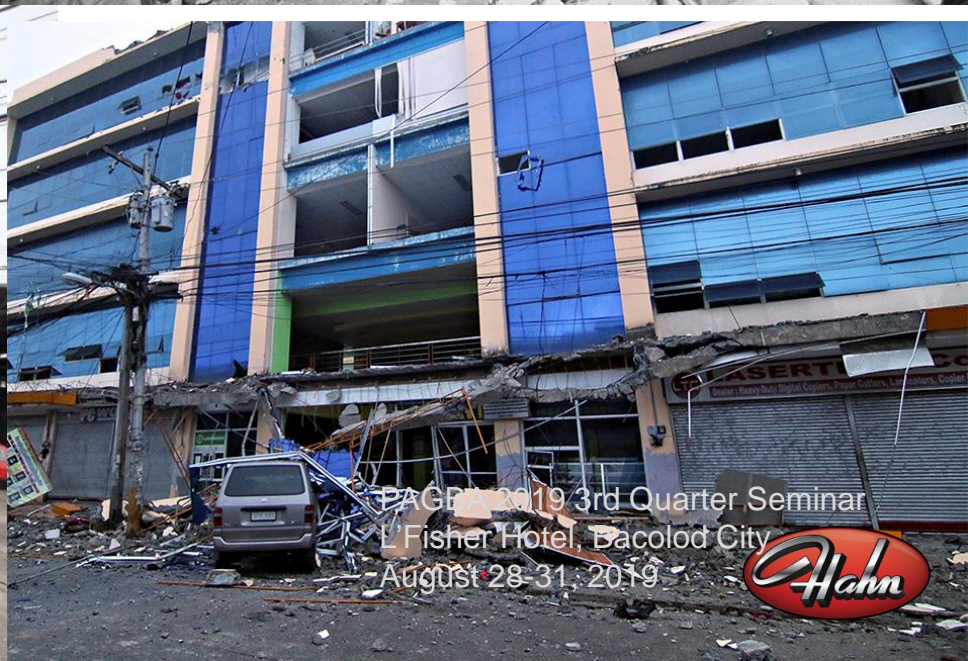


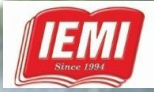
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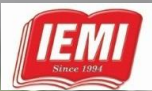




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 **NBC NEWS SPECIAL REPORT**

**26 KILLED IN ELEMENTARY SCHOOL SHOOTING  
18 CHILDREN, 8 ADULTS**



# NEWS OF THE DAY



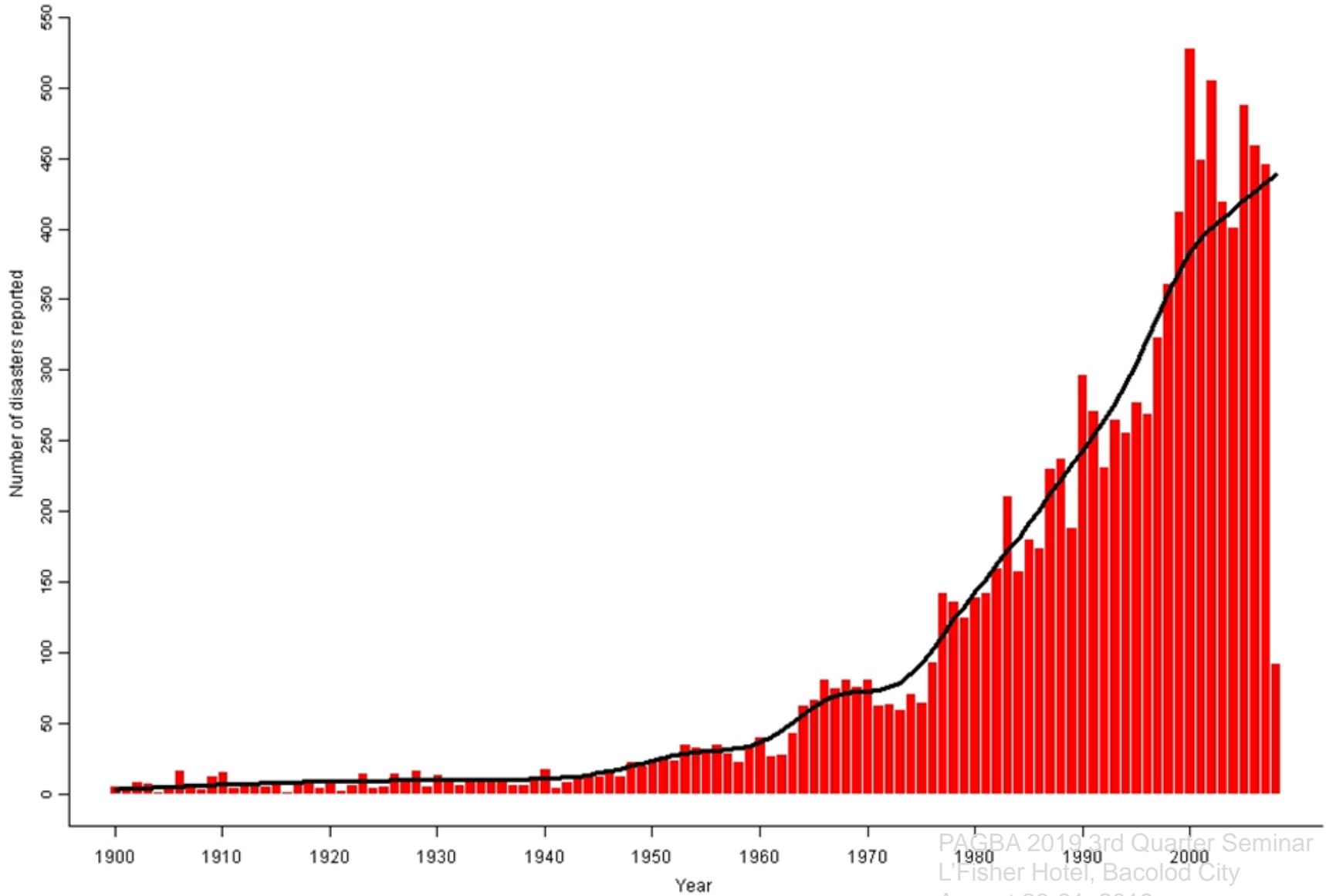
**- DISASTERS and ACCIDENTS ARE INCREASING!!!**



PAGE 2 | 2019 3rd Quarter Seminar  
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# DISASTER-PRONE



- Haiyan: 6,190 dead, 28,626 injured, 1,785 missing (Jan 9 2014)
- Pablo: 1,901; Sendong: 1,236; Bohol Earthquake: 215
- Top 9 as the most vulnerable to Climate Change.
- Manila is Top 2 next to Dhaka



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# DISASTER-PRONE

Philippines 3rd on UN disaster risk index

By [Kristine L. Alave](#)  
[Philippine Daily Inquirer](#)

8:22 pm | Friday, October 7th, 2011



The Philippines ranked 3rd on the list of most vulnerable countries to climate change (UN agency).

The report by the UN University's Institute for Environment & Human Security and the German Alliance Dev't Works said the top 10 countries facing the highest risk are: Vanuatu, Tonga, the Philippines, the Solomon Islands, Guatemala, Bangladesh, Timor-Leste, Costa Rica, Cambodia and El Salvador.

Vanuatu which is now experiencing a fresh water shortage ranks # 1 with 32 percent disaster risk. Tonga in the 2nd spot has 29.08 percent.

The Philippines ranks No. 3 with a 24.32 percent risk.

SMART  
Water Seminar  
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energy DEVELOPMENT CORPORATION

# DISASTER PRONE COUNTRY (2006)



- RP ranks as 12<sup>th</sup> among 200 countries most at risk from tropical cyclones, floods, earthquakes and landslides according to the United Nations Int'l Strategy for Disaster Reduction (UNISDR) – *Jerry Velasquez, Senior Regional Coordinator*
- UNISDR Mortality Risk Index (MRI) rated RP as “very high” in terms of average number of citizens at risk from natural calamities
- Multiple Climate Hazard Index – RP ranked as 0.6 to 1.0, the highest among all ASEAN countries
- MCHI – NCR ranked as 7<sup>th</sup>, Cordillera as 27<sup>th</sup>, Central Luzon as 30<sup>th</sup>



# DISASTER-PRONE COUNTRY



•According to the International Red Cross and Red Crescent Societies, the Philippines was the fourth most accident prone country in the world. The two institutions arrived at this conclusion after finding out that some 5,809,986 Filipinos were killed or injured as a result of disasters or man-made calamities over a ten-year period (1992-2001).

•From the [Manila Bulletin](#): The Center for Research and Epidemiology Disasters (CRED) here disclosed the Philippines ranked first worldwide in the most number of disasters that hit a country with 25.



# COUNTRIES MOST AFFLICTED BY DISASTERS

NUMBER OF PEOPLE  
AFFECTED FROM 1995-2015

**CHINA**  
2.27 TRILLION

**INDIA**  
805 BILLION

**BANGLADESH**  
131 BILLION

**THAILAND**  
76 BILLION

**PHILIPPINES**  
130 BILLION



# DISASTER PRONE COUNTRY



## TOP 5 disasters in terms of frequency

1. Flood
2. Fire
3. Earthquake
4. Landslide
5. Tornado



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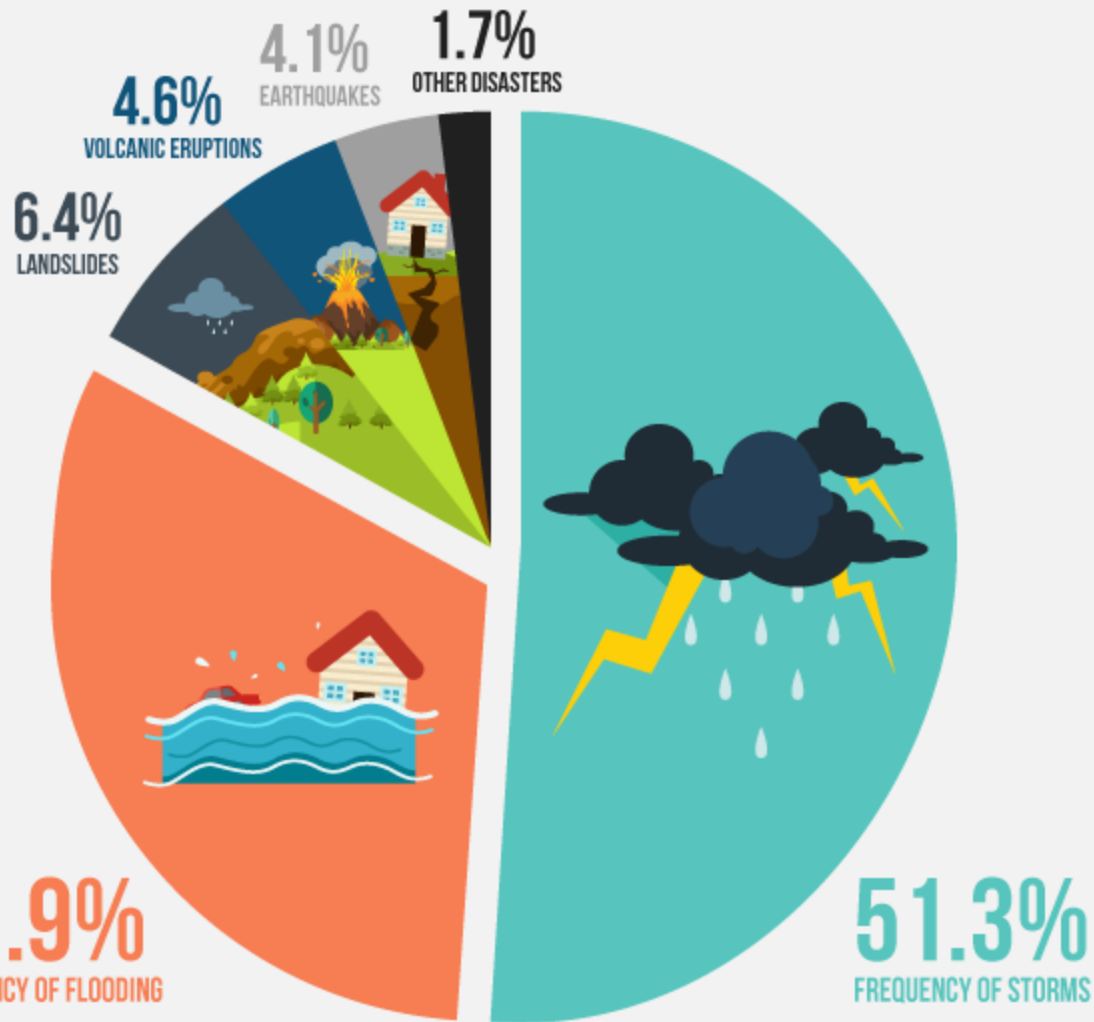
# 18 TO 20

NUMBER OF TROPICAL STORMS THAT ENTER PHILIPPINE WATERS EACH YEAR



# 8 TO 9

AVERAGE NUMBER OF STORMS THAT ACTUALLY MAKE LANDFALL



Source: [www.preventionweb.net](http://www.preventionweb.net) and [manila.usembassy.gov/disaster-preparedness.html](http://manila.usembassy.gov/disaster-preparedness.html)

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 August 28-31, 2019

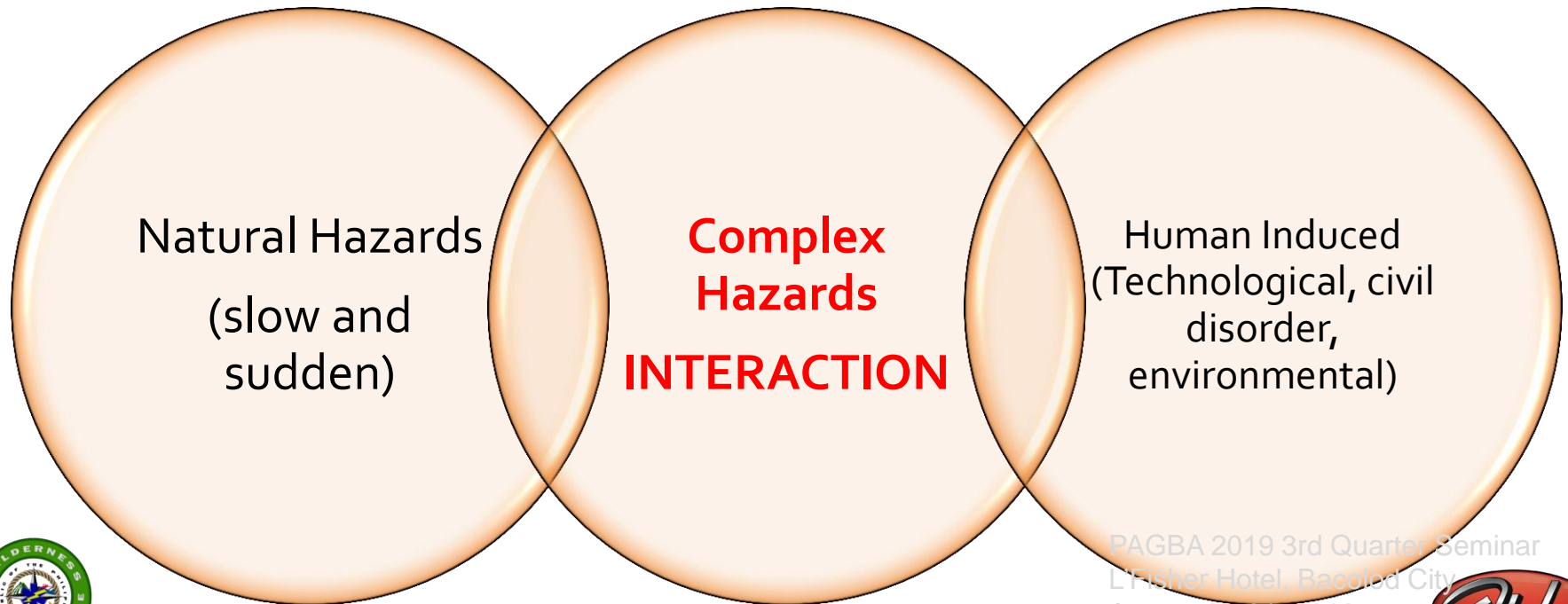




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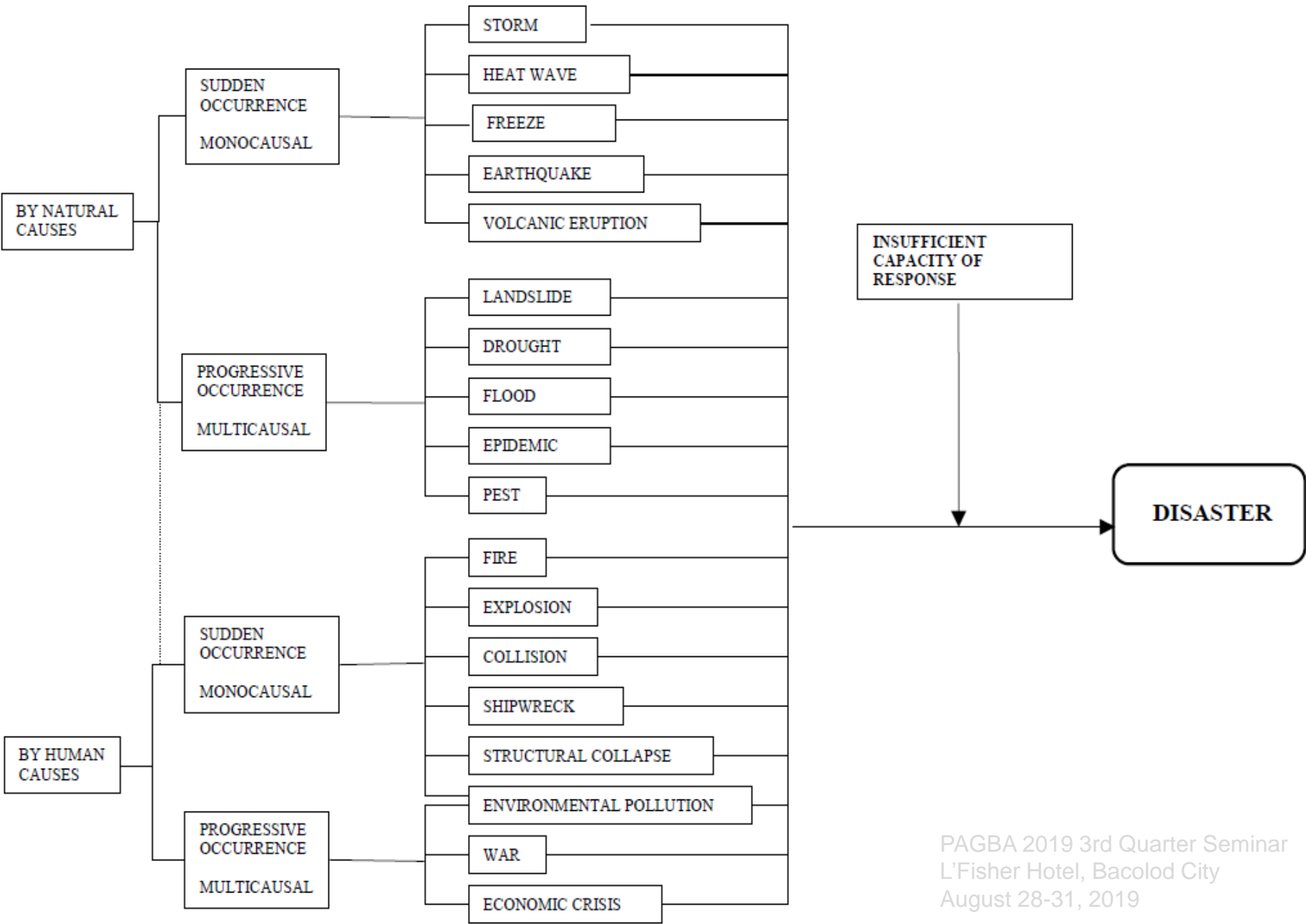
# Classifications of Hazards (Disasters)



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# HAZARDS AND DISASTERS: CLASSIFICATION



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**We cannot  
be prepared  
for something  
while  
secretly  
believing it  
it will NOT  
Happen**

Nelson Mandela

Walking  
My Talk

# 1. PSYCHE CHANGE, PARADIGM



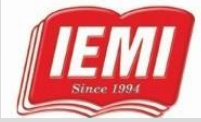
## SHIFT, PROACTIVE CONFIGURATION

- Develop the 'disaster imagination'
- Understand the signs of times like Climate change issues
- Understand who, where you are and what you are to do
- Proactive vs reactive
- the 'Japs , the jews and Ms Jill'
- No negotiation to 5 issues!
- It is a physical (and physiological), mental, spiritual, psychological undertaking
- Coordinate – Cooperate – Collaborate
- Be a Sheepdog

SOBORN MATHS  
SERVE TO SAVE



## 2. POSITIVE MENTAL ATTITUDE



- YOU WILL PREPARE IN ACCORDANCE TO YOUR UNDERSTANDING OF YOUR WORTH



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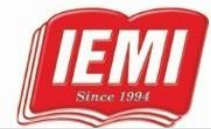


- **Magkano ba ang halaga ko sa yo?**

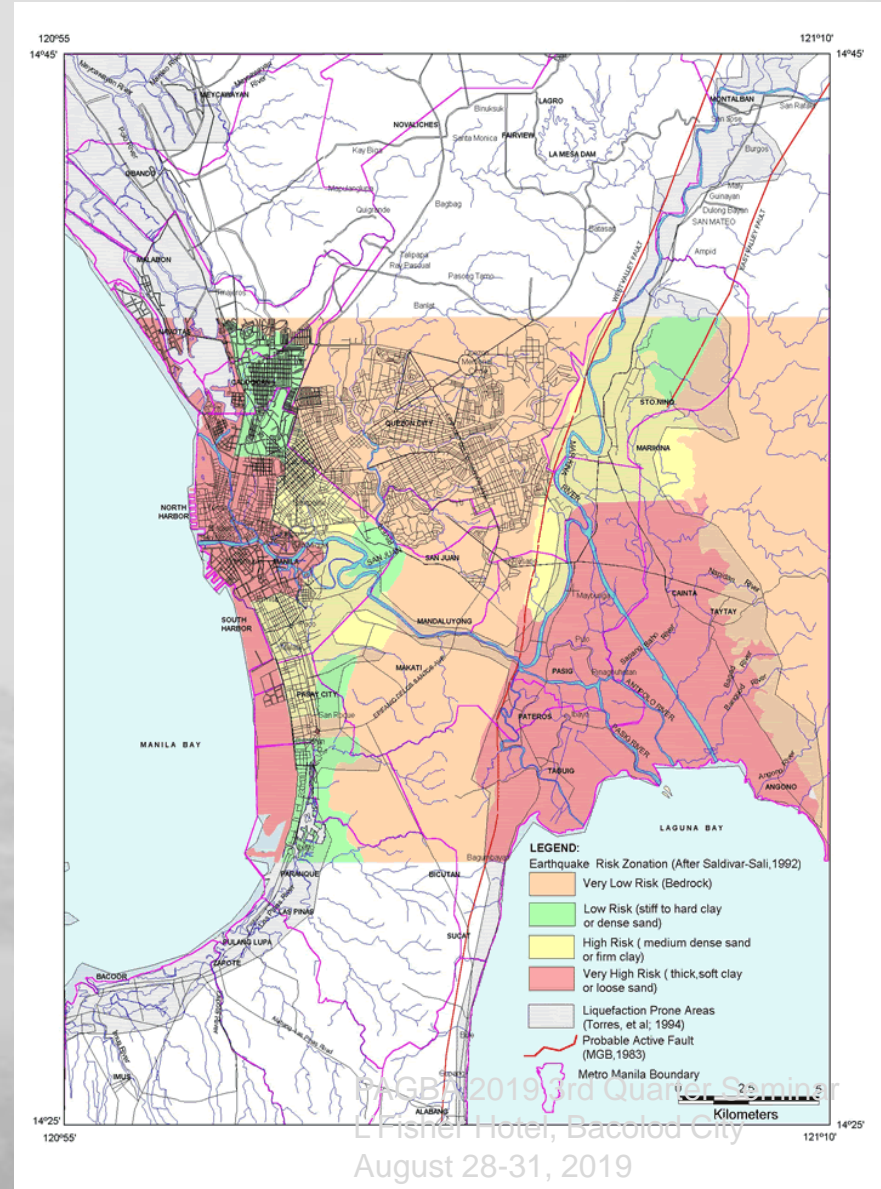


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# 4. PROFILE



- Who, Where, What
- Homogenous vs. heterogenous
- Topographical, geographical, political, social, economic, security profile
- Structural format of house, workplace
- Check HAZARD Map

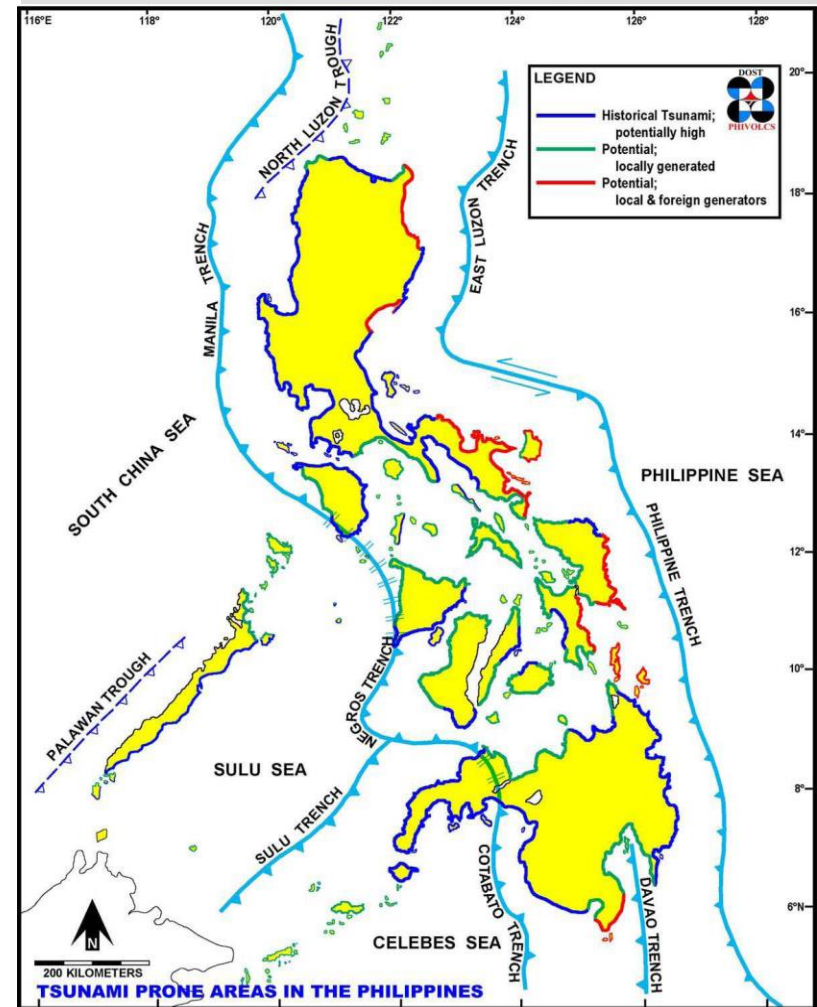
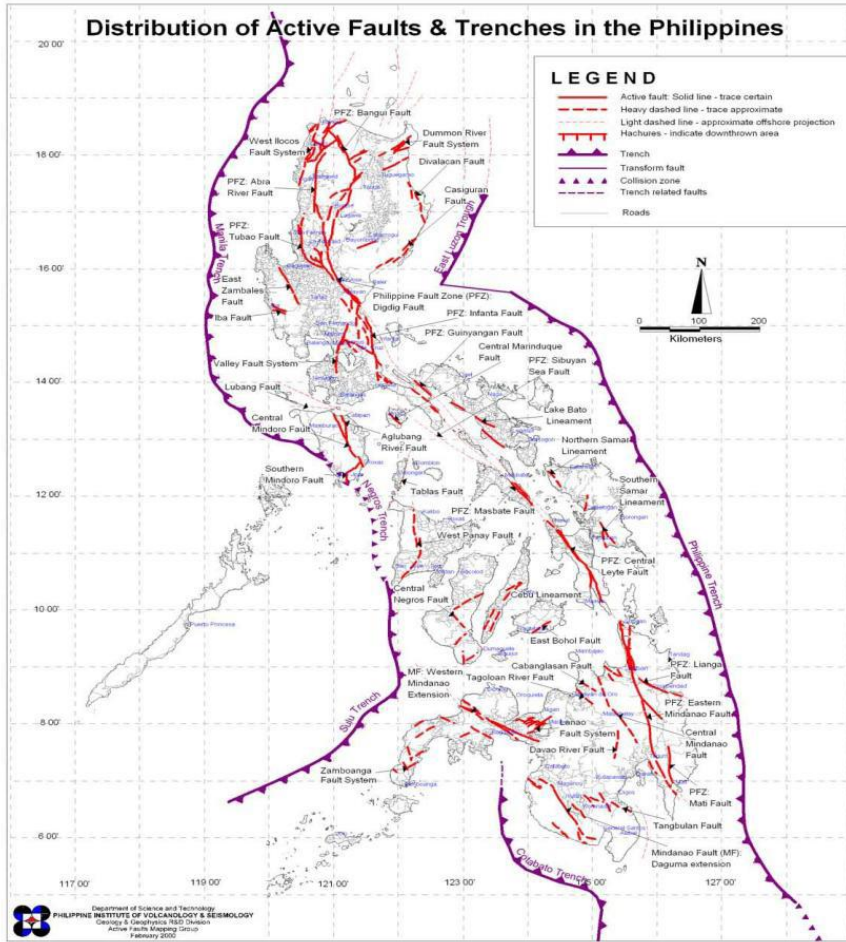


# **VITAL ENTITIES**

- **VITAL/CRITICAL UTILITIES**
  - POWER, WATER, TELECOMMS, TRANSPORT
- **VITAL/CRITICAL FACILITIES**
  - HOSPITALS, SCHOOLS, EMERGENCY SHELTERS, POLICE AND FIRE DEPTS, KEY GOVT OFFICES
- **VITAL/CRITICAL INFRASTRUCTURES**
  - AIRPORTS, SEA PORTS, ROADS, BRIDGES

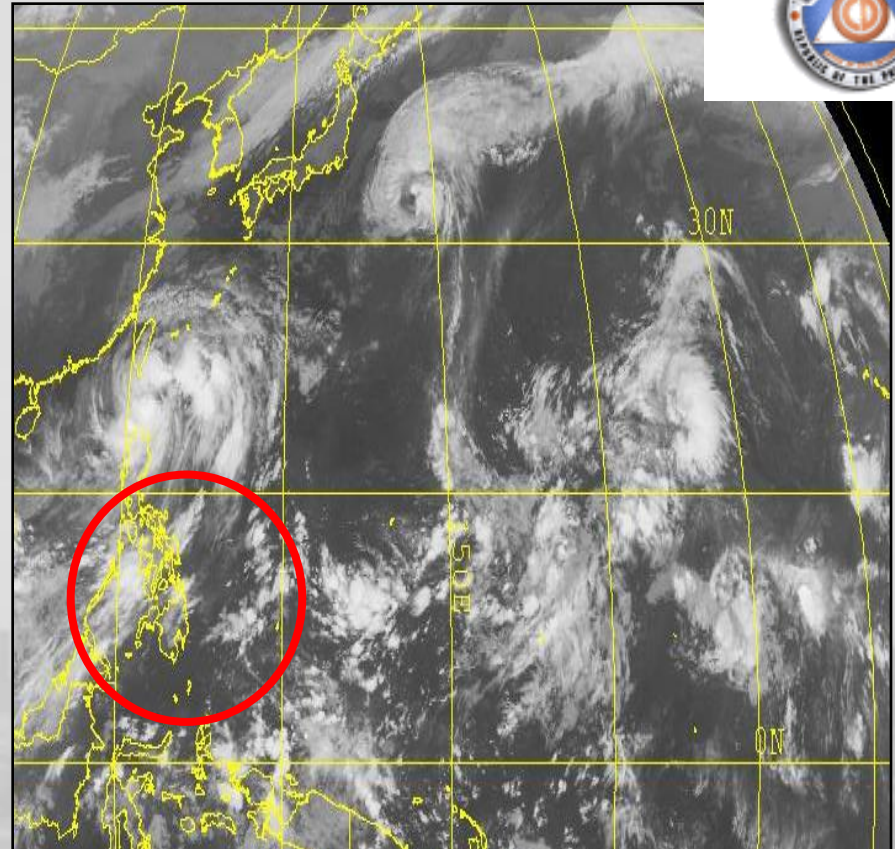
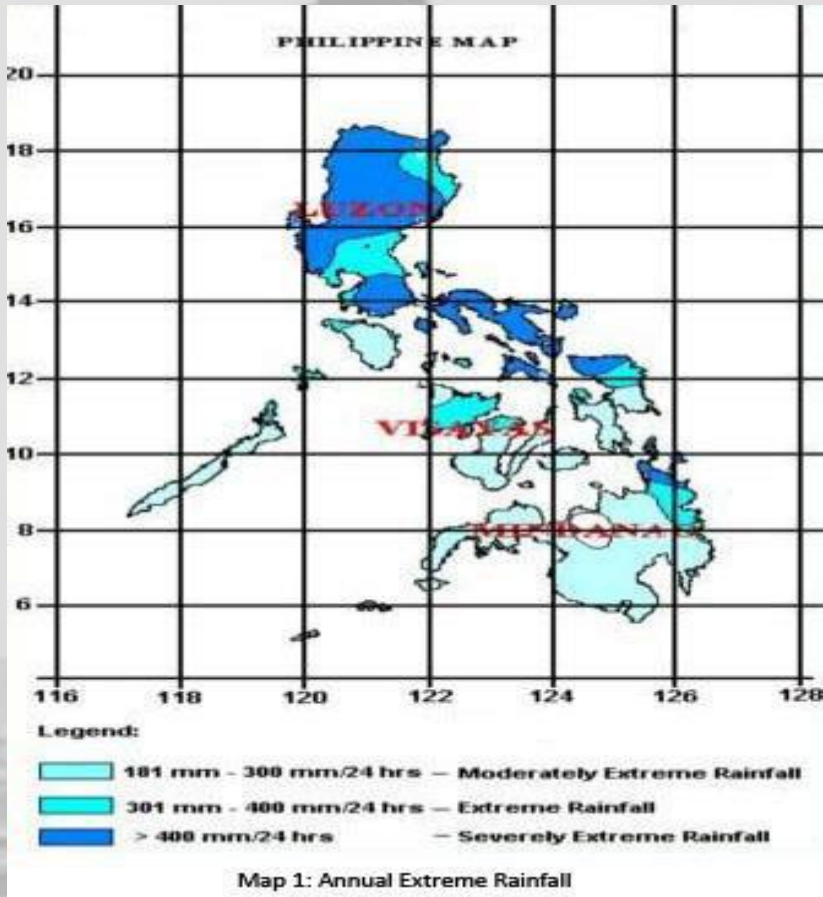


# Philippine Disaster Risk Profile



The Philippines is situated along a highly seismic area lying along the **PACIFIC RING OF FIRE** where two major tectonic plates (Philippine Sea and Eurasian) meet and is highly-prone to earthquakes and volcanic eruptions. This explains the occurrence of earthquakes and tsunamis and the existence of around 300 volcanoes of which 22 are active

# Philippine Disaster Risk Profile



Tropical storms or typhoons accompanied by heavy rain and/or strong winds that may result in floods, landslides and storm surge are the most prevalent types of hydro-meteorological hazards in the country.

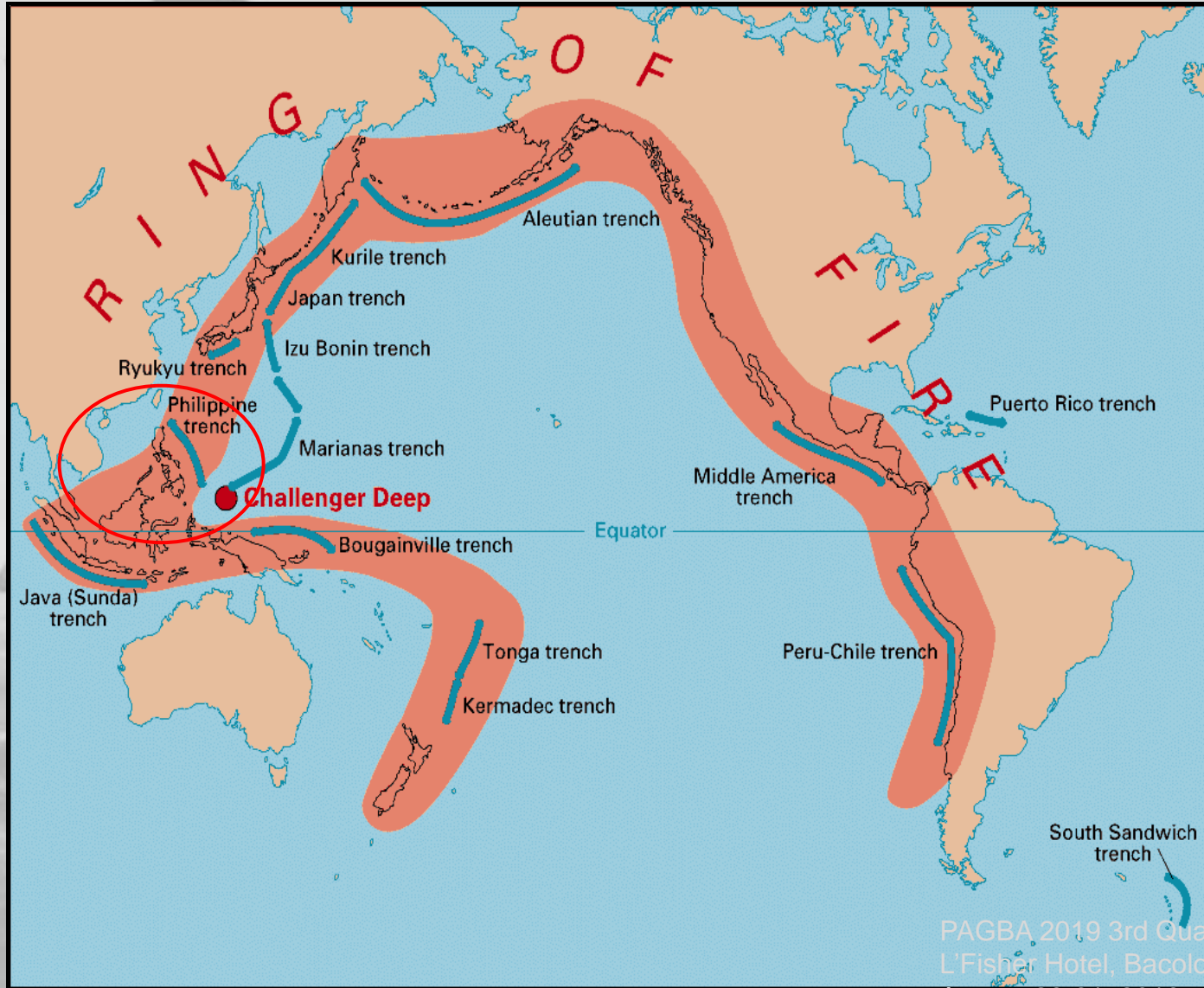
The Philippines is located in the Pacific typhoon belt. The country experiences an average of 20 typhoons a year, 5 of which are said to be destructive.

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# Philippine Disaster Risk Profile



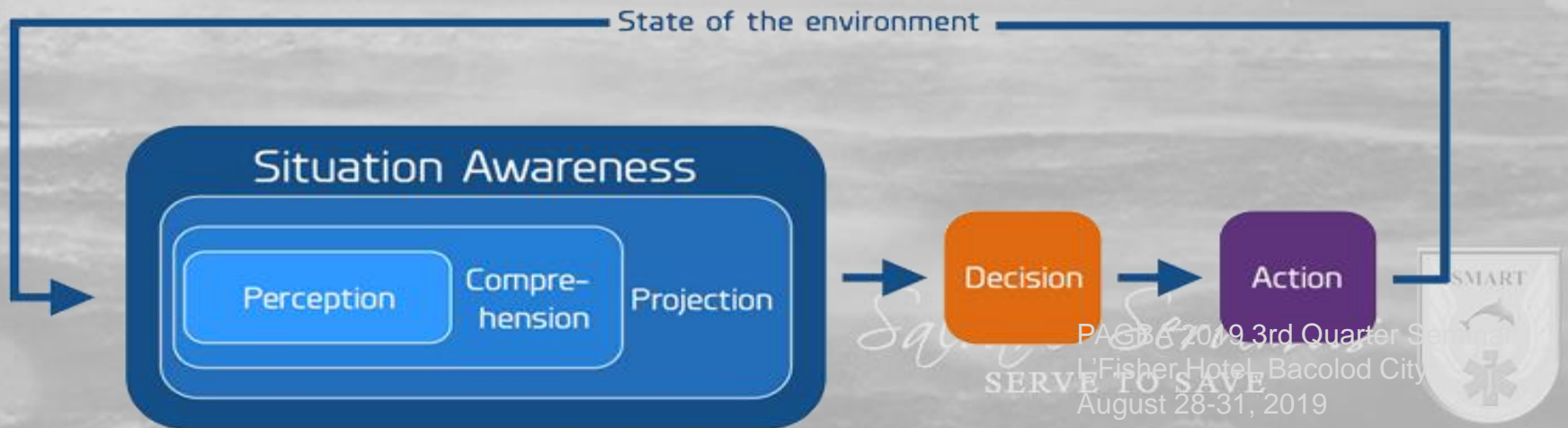
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# INDIVIDUAL IAP



- **WHO, WHAT, WHERE**
- **Security – Safety – Survival consciousness**
- **Culture of preparedness**
- **Economics, geopolitics, religious biases, media influences, etc**
- **Situational Awareness**
- **Lessons Learned**



**Look! A menu!**

HUMOR.COM



KIA

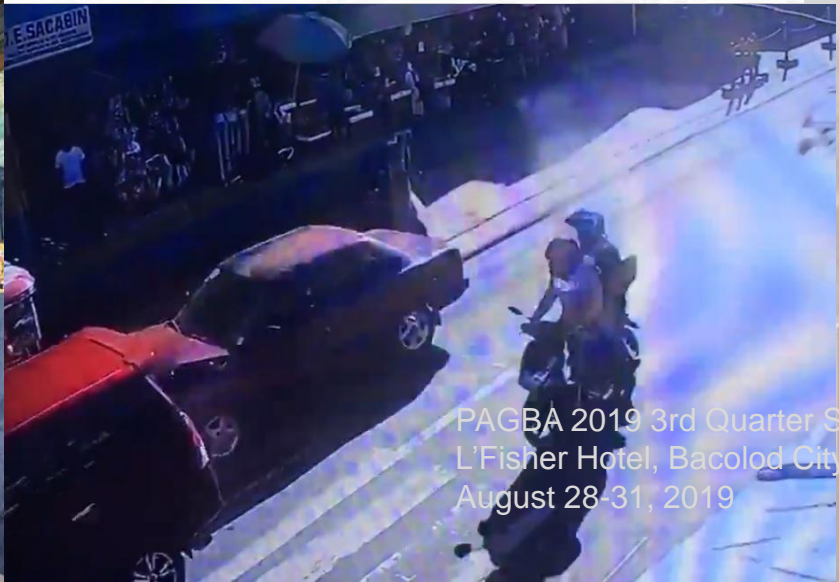
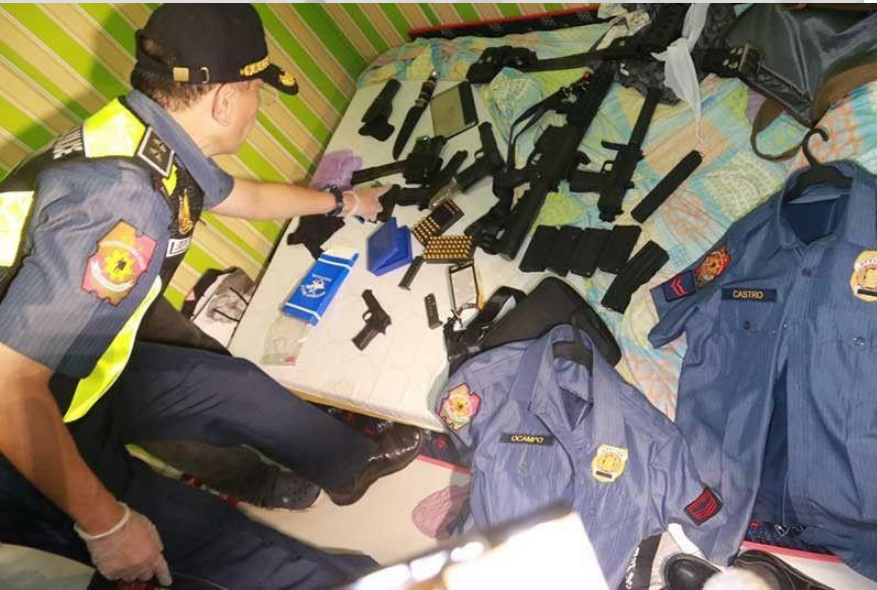
SEDONA

3.6L

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SMART





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# 5. PLAN (Family EAP, DP, Incident Action Plan, ETC)

**SAFE** – no one gets hurt

**EFFECTIVE** – gets the job done

**EFFICIENT** – resources utilized to the max



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# FOUR PHASES OF EMERGENCY MANAGEMENT

**PREPAREDNESS** – Preparing for what to do in an emergency

**RESPONSE** – Responding safely in an Emergency

**RECOVERY** – Recovering from an emergency

**MITIGATION** – Preventing or minimizing dangerous effects of emergencies





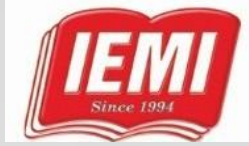
# Emergency Action Plan

## Elements of an Emergency Action Plan

- Scenario
- Objective – Protect Life, Environment and Property
- Hazards
- Resources Available
- Implementation
- Communication
- Lessons Learned



# WHAT TO DO...



## BEFORE-DURING-AFTER

- Fire
- Flood
- Landslide
- Storm Surge/Tsunami
- Vehicular Accident
- Earthquake
- Volcanic Eruption
- Acts of criminality/terrorism
- Hazardous material incident
- Technological Breakdown
- Epidemic / Pandemic



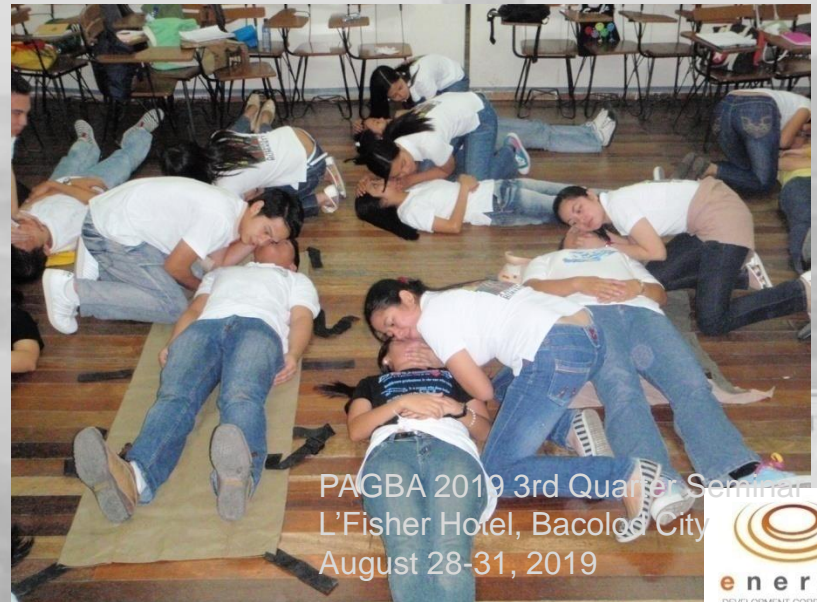
# **PLAN – STRATEGIC RISK MGT**

- a) Database**
- b) Logistics**
- c) IMT (with ERTs)**
- d) Hazard maps, Comm, EWS, Forecast & EOC**
- e) Emergency Preparedness**
- f) Self Reliance/stand alone doctrines/BCP**



# PLAN FRAMEWORK

- VULNERABILITY ASSESSMENT
- PLANNING
- INSTITUTIONAL FRAMEWORK & BACK UP
- INFORMATION SYSTEMS
- RESOURCE BASE
- WARNING SYSTEMS
- RESPONSE MECHANISMS
- PUBLIC EDUCATION & TRAINING
- REHEARSALS / DRILLS



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**Incident Commander**

(A) *Jemer Pamplona*  
(B) *Ronald Galicia*

**COMMAND STAFF**

**Safety Officer**

(A) *FE Lunaria*  
(B) *NS Evaristo*

**Information Officer**

(A) *JN Dumlao*  
(B) *IA Henson*

**Liaison Officer**

(A) *Ronald Galicia*  
(B) *Clark Ricafrente*  
(C) *Alan Fernandez*

**GENERAL STAFF**

**Operations Section Chief**

(A) *Dr. Ted Esguerra*  
(B) *Gerard Natividad*

**Planning Section Chief**

(A) *Ting Magat*  
(B) *Clark Ricafrente*  
(C) *Ronald Galicia*

**Admin & Finance Section Chief**

(A) *Anna Casila*  
(B) *Mike Barateta*

**Logistics Section Chief**

(A) *CS Gutierrez*  
(B) *EM Lising*

**Security Officer**

(A) *Ronald Galicia*  
(B) *Jimmy Asido/Rick Vidania*

**Emergency Response Officer**

(A) *Gerard Natividad*  
(B) *Augusto Villalon*

**Emergency Response Officer**

(A) *Gerard Natividad*  
(B) *Augusto Villalon*  
(C) *Pol Rivera*

**Emergency Response Team  
(Volunteers)**

(A) *JP Tglao*  
(B) *Roldan Vargas*

**Evacuation Team per floor**

(A) *Alan Fernandez*  
(B) *Dodong Silagan*  
(C) *Eugene Balmores*

# PLANNING STRATEGIES/BEST PRACTICES

- Maintain business continuity during crisis, disruption and recovery
- Provide for the safety and protection of employees
- Communicate effectively across your value chain
- Secure its infrastructure
- Ensure liquidity and access to operating capital





# 6. **PREPARE** *(% of Disaster Survival = % of Preparation)*

- Learn life skills (1<sup>st</sup> Aid, BLS to ALS, navigation, rope mgt, fire-building, Basic fire fighting, water & food acquisition, self-defense, etc
- Renew the skills
- Update, upgrade
- Be fit!





# PREPARE PHYSICALLY, MENTALLY, etc

- **Some LIFE SKILLS**

- 1<sup>st</sup> Aid
- Basic Life Support
- Fire Fighting
- Flood crossing

- **PERSONAL LEVEL**

- **FAMILY LEVEL**

- Train and perform house drills on fire, etc

- **COMMUNITY LEVEL**

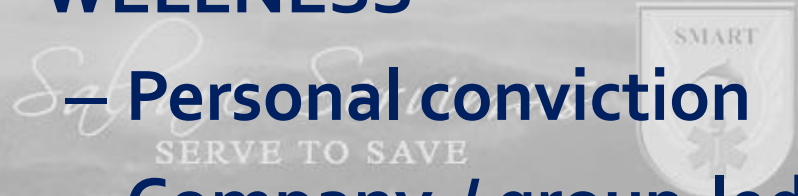
- community talents
- stockpile, evac pts

- **COMPANY LEVEL**

- ELSAROC (MMDA)
- 1<sup>st</sup> Aid/BLS (PRC)
- Fire Fighting (BFP)
- ICM (OCD)
- Bomb Drill (PNP)

- **WELLNESS**

- Personal conviction
- Company-/ group-led









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28-04-2019 05:47  
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GOD  
things are possible"

N

open 10:00 am - 10:00 pm













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# 7. PROMOTE PHIVOLCS, PAGASA, PNRRC, PNP, PDRF, atbpa

## RAINFALL ADVISORIES, CLASSIFICATION, AND MEASUREMENT

COLOR-CODED RAINFALL ADVISORIES AND CLASSIFICATION		RAIN MEASUREMENT		FLOOD POSSIBILITY	RESPONSE
<b>RED</b> RAINFALL ADVISORY	 <b>TORRENTIAL</b>	<b>MORE THAN 30mm RAIN</b> observed in 1 hour and expected to continue in the next 2 hours	=  8 gallons per square meter/hour	<b>Serious Flooding expected in low lying areas</b>	<b>EVACUATION</b>
<b>ORANGE</b> RAINFALL ADVISORY	 <b>INTENSE</b>	<b>15-30mm RAIN</b> observed in 1 hour and expected to continue in the next 2 hours	=  4 to 8 gallons per square meter/hour	<b>Flooding is threatening</b>	<b>ALERT</b> for possible evacuation
<b>YELLOW</b> RAINFALL ADVISORY	 <b>HEAVY</b>	<b>7.5-15mm RAIN</b> observed in 1 hour and expected to continue in the next 2 hours	=  2 gallons per square meter/hour	<b>Flooding is possible</b>	<b>MONITOR</b> the weather condition
	 <b>MODERATE</b>	<b>2.5 - 7.5mm RAIN</b> observed in 1 hour and expected to continue in the next 2 hours	=  2.5 liters per square meter/hour to 7.5 liters per square meter/hour	<b>(Flooding still possible in certain areas)</b>	
	 <b>LIGHT</b>	<b>LESS THAN 2.5 mm RAIN</b> observed in 1 hour and expected to continue in the next 2 hours	=  up to 2.5 liters per square meter/hour		

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# PAGASA'S REVISED STORM WARNING SYSTEM AS OF MAY 2015

**SIGNAL NO.1**

winds of 30 to 60 kph in the  
next 24 hours

**SIGNAL NO.2**

winds of 61 to 120 kph in the  
next 24 hours

**SIGNAL NO.3**

winds of 121 to 170 kph in the  
next 18 hours

**SIGNAL NO.4**

winds of 171 to 220 kph in the  
next 12 hours

**SIGNAL NO.5**

winds of more than 220 kph in the  
next 12 hours

# UPDATED TROPICAL CYCLONE CLASSIFICATIONS

**TROPICAL DEPRESSION**

winds of up to 61 kph

**TROPICAL STORM**

winds of up to 62 to 88 kph

**SEVERE TROPICAL STORM**

winds of up to 89 to 117 kph

**TYPHOON**

winds of up to 118 to 220 kph

**SUPER TYPHOON**

winds exceeding 220 kph



GeoRiskPH Homepage

How to Use

Info

FAQs

Earthquake Plots

Legend

### DISPLAY OPTIONS

#### SELECT BASEMAP

Basemaps <

#### SELECT HAZARD/S

Seismic (Earthquake) <

Volcanic <

Hydro-meteorological <

#### SELECT EXPOSURE INFORMATION

Public Schools (DepEd) <

Health Facilities (DOH) <

Road Network (DPWH) <

### TOOLS

Use Current Location

Search Using Coordinates

### CONTACT US





# SAMPLE OF PHIVOLCS CHECKLIST

**QUESTION 1** Who built or designed my house?

Items		point
A: Built or designed by a licensed civil engineer/architect.	-	1
B: Not built by a licensed civil engineer/architect.	-	0
C: It is not clear or unknown.	-	0

This question refers to the person who supervised the building of the house.

**QUESTION 2** How old is my house?

Items		point
A: Built in or after 1992.	-	1
B: Built before 1992.	-	0
C: It is not clear or unknown.	-	0

This checks if your house was built under more recent earthquake-resistant building standards.

**QUESTION 3** Has my house been damaged by past earthquakes or other disasters ?

Items		point
A: NO or YES but repaired.	-	1
B: YES but not yet repaired.	-	0
C: It is not clear or unknown.	-	0

This checks if the house sustained structural damage and had undergone repair works.





Intensity

0

Imperceptible to people.



Intensity

1

Some people in the building feel it.



Intensity

2

Many people in the building feel it. Some people awoken, if the quake strikes at night.



Intensity

3

Felt by most people in the building. Some people are frightened.



Intensity

4

Many people are frightened. Some people try to escape from danger. Most people awoken, if the quake strikes at night.



Intensity

5 lower

Most people try to escape from danger. Some people find it difficult to move.



Intensity

5 upper

Many people are very frightened and find it difficult to move.



Intensity

6 lower

Difficult to keep standing.



Intensity

6 upper

Impossible to keep standing and to move without crawling.



Intensity

7

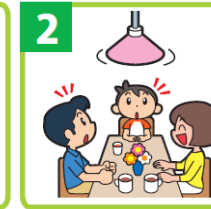
Thrown around by the shaking. Impossible to move at will.



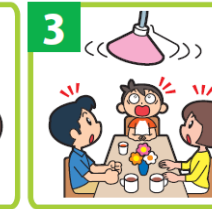
0



1



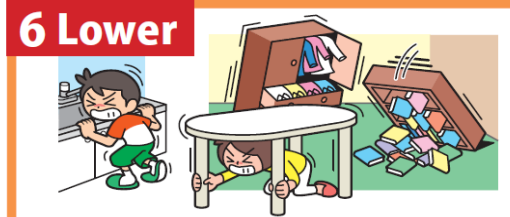
2



3



4



6 Lower



High earthquake resistance Low earthquake resistance



5 Lower



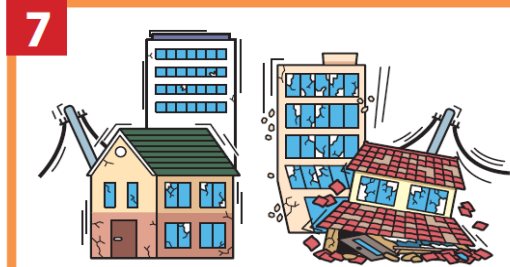
6 Upper



High earthquake resistance Low earthquake resistance



5 Upper



7

High earthquake resistance Low earthquake resistance



SIGNAL NO.	WINDS (KPH)	LEAD TIME (HRS)	IMPACTS
1	30 - 60	36	No damage to very light damage.
2	61 - 120	24	Light to moderate damage.
3	121 - 170	18	Moderate to heavy damage.
4	171 - 220	12	Heavy to very heavy damage.
5	Above 220	12	Very heavy to widespread damage.



# SALISI GANG

Common Crime Scene:

*Hotel lounges, coffee bars, cafes, and restaurants frequented by perceivably wealthy tourists and businessmen*

## TACTICS DESCRIPTION

# 1

Suspects are typically **well-dressed, mild-mannered,** and project an aura of **legitimate businessman** or an **affluent matron.**

The perpetrator **moves closer** to the would-be victim and **waits patiently** until the victim is engrossed in a serious conversation with a companion or leaves his or her bags and other belongings unattended.

# 2

# 3

In a swift motion, the perpetrator **takes** the unattended bag or belongings and **casually leaves** the place.



# BESFREN GANG

Common Crime Scene:

*Bargain malls and open-air markets*

## TACTICS DESCRIPTION

# 1

Targets shoppers who **check out items sold in stalls** (i.e. watches, jewelry, mobile phone, and other electronic gadgets).

A member **stands next to the victim** and borrows the item being checked, **pretending to be the victim's friend.** The thief will quickly flee the stall premises bringing with him/her the said item.

# 2

# 3

The store owner/attendant naturally assumes that the victim is an accomplice and will ask him/her to pay for the item.



# DURA BOYS

Common Crime Scene:

Public transportation terminals, jeepneys, and buses

## TACTICS DESCRIPTION

# 1

It is usually carried out by a group of three wherein the first member informs the victim that a man or a woman has spit on her/his sleeve and back.

The victim will be distracted, trying to wipe the spit on his or her sleeve.

# 2

# 3

One of the other members of the gang steals the victim's valuables, usually a wallet or a mobile phone.



# PITAS GANG

Common Crime Scene:

Provincial and city operation buses, jeepneys, motorized passenger sidecars (tricycles), and schools

## TACTICS DESCRIPTION

# 1

Typically targets passengers seated near the windows of public buses, jeepneys, and tricycles.

Among the items usually snatched include wrist watches, rings, necklaces, mobile phones, and hand bags.

# 2

# 3

Another variant occurs when the thieves grab the ears of women and young girls and steal their earrings or snatch their bracelets from their wrists.





# BOMB THREAT CALL PROCEDURES

Most bomb threats are received by phone. Bomb threats are serious until proven otherwise. Act quickly, but remain calm and obtain information with the checklist on the reverse of this card.

## If a bomb threat is received by phone:

1. Remain calm. Keep the caller on the line for as long as possible. DO NOT HANG UP, even if the caller does.
2. Listen carefully. Be polite and show interest.
3. Try to keep the caller talking to learn more information.
4. If possible, write a note to a colleague to call the authorities or, as soon as the caller hangs up, immediately notify them yourself.
5. If your phone has a display, copy the number and/or letters on the window display.
6. Complete the Bomb Threat Checklist (reverse side) immediately. Write down as much detail as you can remember. Try to get exact words.
7. Immediately upon termination of the call, do not hang up, but from a different phone, contact FPS immediately with information and await instructions.

## If a bomb threat is received by handwritten note:

- Call \_\_\_\_\_
- Handle note as minimally as possible.

## If a bomb threat is received by email:

- Call \_\_\_\_\_
- Do not delete the message.

## Signs of a suspicious package:

- No return address
- Excessive postage
- Stains
- Strange odor
- Strange sounds
- Unexpected delivery
- Poorly handwritten
- Misspelled words
- Incorrect titles
- Foreign postage
- Restrictive notes

## DO NOT:

- Use two-way radios or cellular phone; radio signals have the potential to detonate a bomb.
- Evacuate the building until police arrive and evaluate the threat.
- Activate the fire alarm.
- Touch or move a suspicious package.

## WHO TO CONTACT (select one)

- Follow your local guidelines
- Federal Protective Service (FPS) Police  
1-877-4-FPS-411 (1-877-437-7411)
- 911

# BOMB THREAT CHECKLIST

Date:  Time:   
 Time Caller Hung Up:  Phone Number Where Call Received:

## Ask Caller:

- Where is the bomb located? (Building, Floor, Room, etc.) \_\_\_\_\_
- When will it go off? \_\_\_\_\_
- What does it look like? \_\_\_\_\_
- What kind of bomb is it? \_\_\_\_\_
- What will make it explode? \_\_\_\_\_
- Did you place the bomb? Yes No \_\_\_\_\_
- Why? \_\_\_\_\_
- What is your name? \_\_\_\_\_

## Exact Words of Threat:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Information About Caller:

- Where is the caller located? (Background and level of noise) \_\_\_\_\_
- Estimated age: \_\_\_\_\_
- Is voice familiar? If so, who does it sound like? \_\_\_\_\_
- Other points: \_\_\_\_\_

- | Caller's Voice                           | Background Sounds:                         | Threat Language:                      |
|--|--|---------------------------------------|
| <input type="checkbox"/> Accent          | <input type="checkbox"/> Animal Noises     | <input type="checkbox"/> Incoherent   |
| <input type="checkbox"/> Angry           | <input type="checkbox"/> House Noises      | <input type="checkbox"/> Message read |
| <input type="checkbox"/> Calm            | <input type="checkbox"/> Kitchen Noises    | <input type="checkbox"/> Taped        |
| <input type="checkbox"/> Clearing throat | <input type="checkbox"/> Street Noises     | <input type="checkbox"/> Irrational   |
| <input type="checkbox"/> Coughing        | <input type="checkbox"/> Booth             | <input type="checkbox"/> Profane      |
| <input type="checkbox"/> Cracking voice  | <input type="checkbox"/> PA system         | <input type="checkbox"/> Well-spoken  |
| <input type="checkbox"/> Crying          | <input type="checkbox"/> Conversation      |                                       |
| <input type="checkbox"/> Deep            | <input type="checkbox"/> Music             |                                       |
| <input type="checkbox"/> Deep breathing  | <input type="checkbox"/> Motor             |                                       |
| <input type="checkbox"/> Disguised       | <input type="checkbox"/> Clear             |                                       |
| <input type="checkbox"/> Distinct        | <input type="checkbox"/> Static            |                                       |
| <input type="checkbox"/> Excited         | <input type="checkbox"/> Office machinery  |                                       |
| <input type="checkbox"/> Female          | <input type="checkbox"/> Factory machinery |                                       |
| <input type="checkbox"/> Laughter        | <input type="checkbox"/> Local             |                                       |
| <input type="checkbox"/> Lisp            | <input type="checkbox"/> Long distance     |                                       |
| <input type="checkbox"/> Loud            |  |                                       |
| <input type="checkbox"/> Male            |  |                                       |
| <input type="checkbox"/> Nasal           |  |                                       |
| <input type="checkbox"/> Normal          |  |                                       |
| <input type="checkbox"/> Ragged          |  |                                       |
| <input type="checkbox"/> Rapid           |  |                                       |
| <input type="checkbox"/> Raspy           |  |                                       |
| <input type="checkbox"/> Slow            |  |                                       |
| <input type="checkbox"/> Slurred         |  |                                       |
| <input type="checkbox"/> Soft            |  |                                       |
| <input type="checkbox"/> Stutter         |  |                                       |

## Other Information:

\_\_\_\_\_  
 \_\_\_\_\_



Homeland Security



SMART



# 9. PACK UP (Go Bag)



# EDC BAG

(can also be your [Bug Out Bag](#)/Bail-Out



Bag (BOB), Get Out Of Dodge (G.O.O.D.) Bag, PERK, INCH Bag, Lucky 9

1. Multi-tool (addendum: stun gun, pepper spray)
2. Bottled Water
3. Signaling / Communication kit (cellphone w/ camera, penlight, fire starter/lighter, whistle, AM/FM portable radio, mirror, pentel pen wrapped with duct tape)
4. First Aid Kit (with betadine), med kit (paracetamol, for cough, colds, LBM, gastritis, allergy, etc)
5. Chocolate, etc
6. Apparel kit (malong, sandal, upper/lower quick dry, poncho)
7. Paracord (4 meters long, 7-9mm thick)



8. Toiletry kit (toothbrush, paste, antifungal shampoo, Perla soap, Off lotion, wet wipes, tissue, earbuds, sunscreen)
9. Ziploc kit (Rubber band, Cash, ID's, passport, List of Family Contact info, duct tape, garbage plastic bag)



# DISTRIBUTION OF SURVIVAL KITS

- HOME (FAMILY KIT)

- it must be placed near entrance/exit of house but does not impede daily routine inside the house nor destroy the aesthetic feature of your home
- Must be in a sturdy container placed near the wall or corner

- OFFICE (GO-BAG)

- As above
- Must be configured w/ the number of office staff

- CAR (BAIL-OUT BAG)

- mini-survival kit in pouches or in organizers
- Be sure car must always be in full tank
- Must always be in running condition



# SURVIVAL KIT IN THE CAR

- Tool kit
- Jack, fire extinguisher
- Jumpstart cable
- 1<sup>st</sup> aid kit
- EWD
- Survival kit like the GO BAG
- GPS and map
- Bottles of drinking H<sub>2</sub>O
- Rain coat, umbrella
- Tarpaulin, Duct tape
- Mini shovel, bolo, rope
- Strobe, torch



- Remember the acronym:  
**BLOW BAGETS**

# 10. PILE UP (Stockpiling)



RENEA 10 JUN '15  
STAR  
ARANDA 3RD

NOW  
WHAT?

QUAKE  
SURVIVOR



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Lynchburg, VA  
August 28-31, 2019



# MICROSCOPIC PREPARATIONS (BIG KIT)

- Food and Water (5-6 day supply of food & water per person when no refrigeration/cooking is available)
  - Power bars
  - Trail Mix/Dried Fruit
  - Crackers/Cereals (for munching)
  - Canned Tuna, Beans, Meat, Vienna (goods in water packing)
  - Sausages, etc (“pop-top” cans might leak/explode & Jerky can flavor” other items)
  - juice, coffee, milo sachets
  - Monggo SEEDS
  - Candy/Gum (Jolly ranchers can melt & mint gum might “flavor” other items)
  - Water (1 Gallon/4 Liters per person)



# MICROSCOPIC PREPARATIONS (BIG KIT)



## • Bedding and Clothing

- Change of Clothing (short and long sleeve shirts, pants, socks, jackets, etc.)

- Undergarments

- Rain Coat /Poncho (can be an A tent, too)

- Blankets , malong, sleeping bag

- Cloth Sheet

- Plastic Sheet

## • Fuel & Light

- Crank/solar lights/torches

- solar panel

- Flares

- Candles

- Lighter

- Water-Proof Matches

- alcohol

## •Miscellaneous

- big pail/ plastic box w/ wheels, bag or bags to put 6-day kit items in (such as duffel bags or hiking back packs)

- Small plastic container as loo can

- Infant Needs (if applicable)



# MICROSCOPIC PREPARATIONS (BIG KIT)



## •Equipment

- Can Opener
- Dishes/Utensils
- Shovel
- Crank/solar radio
- Pen and Paper
- Axe
- Pocket Knife
- Rope
- Duct Tape
- Personal Supplies & Medication
- First Aid Supplies

- Toiletries (roll of toilet paper—remove center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, wipes, etc)
- Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc. Warning: Scented soap might “flavor” food items.)
- Mosquito net
- Survival stove/burner (camping grade)

*Salvare Servimus*  
SERVE TO SAVE



# MICROSCOPIC PREPARATIONS (BIG KIT)



- Immunizations Up-to Date
- Medication ( Paracetamol, Ibuprofen, cough/colds meds, children's medication, etc.)
- Prescription Medication (for 6 days)
- Personal Documents and Money (Place these items in a water-proof container!)
  - Scriptures (miniature ones are lighter)
  - Survival book/manual
  - Land titles
- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts)
- Vaccination Papers
- Insurance Policies
- Cash
- Credit Card
- Pre-Paid Phone Cards
- For Children
  - art book
  - crayon (w/c can be made into a fuel also)
  - ball

*Salvare Servimus*

SERVE TO SAVE

PAGE 8 | 2019 3rd Quarter Seminar  
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August 28-31, 2019



# MICROSCOPIC PREPARATIONS

(3 TO 6-DAY KIT)



- Update your kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication are fresh (not expired), clothing fits, personal documents and credit cards are up to date, and batteries are charged.
- Small toys/ball are important too as they will provide some comfort and entertainment during a stressful time.
- Older children can be responsible for their own pack of items/clothes too.
- You can include any other items you feel are necessary for your family's survival.
- Some items and/or flavors might leak, melt, “flavor” other items, or break open. Dividing groups of items into individual Ziploc bags might help prevent this.
- Always gas up, charge up!





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20.11.2012 20:34



02.12.2012 16:47



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# 12. POST IT (Emergency #s)

- COLOR HARD RED, BRIGHT RED OR ORANGE
- ETHANE or METHANE
- E – Emergency Call ! – state your name, type of incident and call back number
  - Exact location of the incident
- T – Time of the occurrence (approx)
- H – Hazards around the incident (e.g. near gas station, electrical posts, riverbanks)
- A – Access to the incident site (ingress and egress)
- N – Number of Casualties (approx)
- E – Emergency units on site and needed



- **FIRE: 633-89-09, 633-89-08**
- **POLICE: 633-49-39**
- **SAN ANTONIO RESCUE: 631-00-99**
- **Medical City: 635-67-89**
- **National Poison control: (02) 5241078, (02) 5218451 loc 2311**
- **Philippine National Police (PNP) Hotline Patrol: 117 or send TXT PNP to 2920**
- **Bureau of Fire Protection (NCR): (02) 729-5166, (02) 410-6254, (02) 431-8859, (02) 407-1230**
- **Red Cross hotline: 143, (02) 911-1876**

# SOME HOTLINES

- National Disaster and Risk Reduction and Management Council (NDRRMC) hotlines: (02) 911-1406, (02) 912-2665, (02) 912-5668
- Philippine Atmospheric, Geophysical and Astronomical Services Administration(PAGASA) hotline: (02) 433-8526
- Department of Transportation and Communications (DOTC) hotline: 7890 or 0918-8848484
- Philippine Coast Guard: (02) 527-3877, (02) 527-8481, 0917-724-3682, 0917-PCG-DOTC



# SOME HOTLINES

- **Metro Manila Development Authority (MMDA)  
Metrobase hotline: 136**
- **MMDA Flood Control: 882-4177, 882-0925**
- **Department of Public Works and Highways  
(DPWH): (02) 304-3713**
- **Manila Water Hotline: 1627**
- **North Luzon Expressway (NLEX) hotlines: (02) 3-5000 and (02) 580-8910**
- **Subic-Clark-Tarlac Expressway (SCTEX) hotlines:  
(0920) 96-SCTEX (72839)**

# SOME HOTLINES

- Skyway System Hotline: (02) 776-7777, 0915-6256231, 0939-5006910
- South Luzon Expressway (SLEX) hotline: 0908-8807539
- Raha Fire Rescue – 16016
- Txt FIRE

# SOME HOTLINES



## Local government units (partial)

Manila Traffic Hotline – 527-3087

Cainta Traffic Hotline – 646-0044, 655-7368 loc.  
164

Las Piñas Traffic – 874-5756, 874-3957, 874-3927

Mandaluyong Hotline – 534-2993

Taguig Traffic – 838-4301 loc. 7112

Marikina STOC – 646-1651

Pasig Traffic – 643-0000, 724-5813

Makati Public Safety Dept – 844-3146, 819-3270



# EMERGENCY CALL TREE

A. FAMILY / RELATIVES / CLOSED FRIENDS	B. WORKPLACE / OFFICE HIERARCHY	C. CIVIC ORGS / SCHOOL / CHURCH	D. CLUSTER GROUPING
1. PRIMARY – Immediate Family members	1. Vertical up to superiors	1. School Crisis Team	1. North, South, East, West Cluster for WWF EQ
2. SECONDARY – Members not in household but within the city	2. Vertical down		
3. TERTIARY – Members outside the grid here and abroad	3. Horizontal command		
4. FRIENDS	4. Supply and support		
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# EMERGENCY HOTLINES

## **NDRRMC**

*National Disaster and Risk Management Council*

**(02) 911-1406 | (02) 912-2665 | (02) 912-5668**

**(02) 911-1873 | (02) 421-1918 | (02) 913-2786**

## **MMDA**

*Metro Manila Development Authority*

**HOTLINE: 136**

**FLOOD CONTROL: (02) 882-0925 | (02) 881-8588**

**RESCUE: (02) 882-4150 to 67 loc. 337**

**METROBASE: (02) 882-4150 to 67 loc. 255**

**(02) 882-0860**

## **DOTC**

*Department of Transportation and Communications*

**(02) 7890 | (02) 726-6255**

## **DSWD**

*Department of Social Welfare and Development*

**DISASTER RISK REDUCTION  
AND RESPONSE OPERATIONS: (02) 511-1259**

**FOR VOLUNTEERS & DONATIONS: (02) 851-2681**

**EARTHQUAKE TEXT HOTLINES:** For Globe and Touch Mobile users, text **IREPORT <space> name/location/message** to **2327** or **09178902327**. For Smart, Sun and Talk N' Text users, text concerns to **09189122813**.

## **DPWH**

*Department of Public Works and Highways*

**(02) 527-4111**

## **BFP**

*Bureau of Fire Protection*

**DILG PATROL: 117**

**NCR REGIONAL DIRECTOR: (02) 729-5166**

**INFORMATION DESK: (02) 410-6319**

## **PAGASA**

*Philippine Atmospheric, Geophysical &  
Astronomical Services Administration*

**(02) 927-1541 | (02) 926-4251 | (02) 927-1335**

## **PCG**

*Philippine Coast Guard*

**(02) 527-3877 | (02) 527-8481**

**0917-724-3682 OR 0917-PCG-DOTC (GLOBE)**

## **PNP**

*Philippine National Police*

**117 or send TXT PNP to 2920**

## **Red Cross**

*Philippine National Red Cross*

**HOTLINE: 143 | (02) 527-0000**

**OPERATIONS: (02) 524-5787 | (02) 527-8385 to 95**

## **DOH**

*Department of Health*

**HOTLINE: (0920) 9498419**

**HEALTH EMERGENCY  
MANAGEMENT BUREAU: (02) 711-1001 | (02) 711-1002**



# **13. PPLACE TO ASSEMBLE**

(staging, mustering, Evac Area)

- Airports
- School & Grounds
- Gyms, Sports complexes
- Parks, parking lots
- Wide, strong Government buildings
- Church and grounds
- Military camps
- Radio stations
- Ports, terminals
- Hospital vicinities
- Relative's place

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SEMPER PARATI  
SEMPER TO SAVE







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# Rendezvous pt

- Communications
  - Family Meet Point
- Where to go
  - Evacuation Routes
- What do you take?
- Special needs, notifications



# **14. PRACTICE, POLISH THE DRILL**

- Situational Awareness
- Positioning of Go Bags & Hug Bags
- Primary-secondary – Tertiary protocols
- 'Green' or safe site/s designations in the hazard map
- Street smart
- DCH, RACE, SDR
- When and where to evacuation; Re-entry; order to go home
- Intervention – Fire fighting, ERT SAR, extrication, etc
- Staging of personnel and resources
- Call Tree table top



# Practice ng Drill na tayo!



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# THE DROP – COVER – HOLD WITH EYES OPEN



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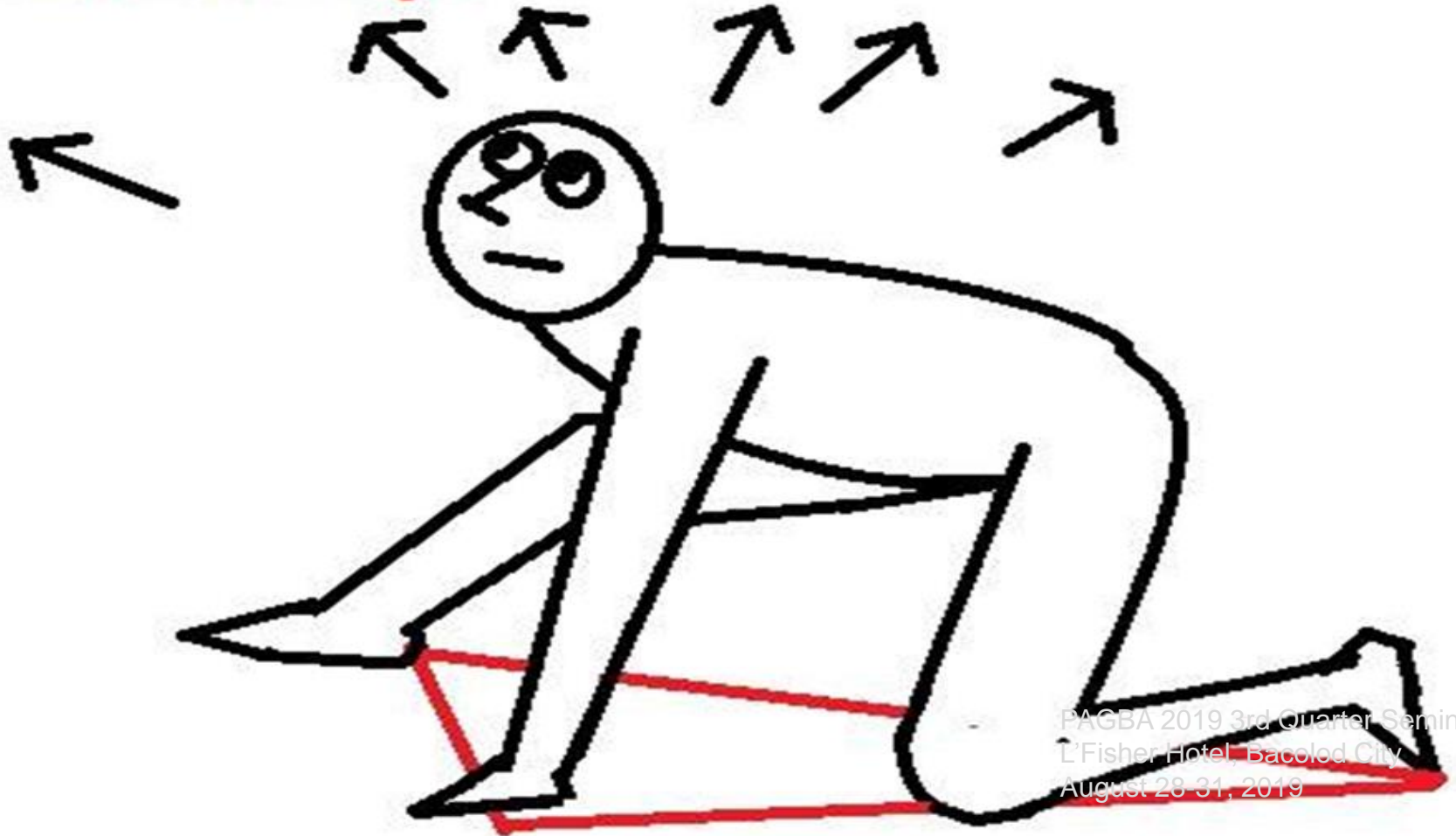
SMX  
RESILIENCE  
CE 2017  
ES | 25 JULY 2017  
NS | SMX CONVENTION CENTER  
SM MALL OF ASIA COMPLEX, PASAY CITY





# THE TRIPOD POSITION

Look up









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# WRONG MANEUVER



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# RIGHT MANEUVER



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LSANTIAGO@KTUU.COM

**Leyla Santiago**  
CHANNEL 2 NEWS



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# Standard Evacuation PPE issue

- Issuance of a standard helmet with a headlamp to all employees



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# SMOKE HOOD



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# Safe Zones

- under sturdy tables
- inside corner of rooms
- columns & beams
- load-bearing doorway or wall
- outside elevator shafts
- open/clear area

# Danger Zones

- windows and glass
- book shelves
- cabinets and furniture that may topple or slide
- hanging objects
- inside elevators
- power lines; poles; trees; narrow alleys between tall buildings
- bridges and flyovers

**Identify Safe and dangerous areas**

SERVE TO SAVE





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# **23. PRAY SOME MORE BECAUSE WE WILL HAVE MORE...**



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# PERSPECTIVE

**“THE ONE  
THING THAT  
WE LEARN  
FROM HISTORY  
IS THAT WE  
NEVER LEARN  
FROM  
HISTORY...”**

*Friedrich Hegel*



PAGBA 2019 3rd Quarter Seminar  
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August 28-31, 2019



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PAGBA 2019 3rd Quarter Summit  
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August 28-31, 2019





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**e n e r g y**  
DEVELOPMENT CORPORATION





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ERIK DE CASTRO/REUTERS

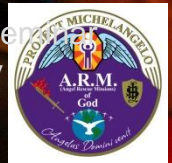
*Sayang sa mga manggagawa*  
SERVE TO SAVE  
PAGDA 2019 2nd Quarter Seminar  
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PAGBA 2019 3rd Quarter Seminar  
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**“CARE SHOULDN'T START IN THE EMERGENCY  
ROOM.”**

**JAMES DOUGLAS**

 Lifehack Quotes

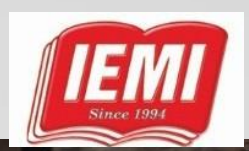


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**“A MAN  
PREPARED  
HAS HALF  
WON HIS  
BATTLE...”**



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*Savage* @ 87093301 Quarter Semina  
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**Call Hahn**

SAVAGE TO SERVE

