

Webinar on World Day for Safety and Health at WorkBGHMC - Occupational Safety and Health Committee <oshbghmc@gmail.com>
To: car@deped.gov.ph

Tue, Apr 19, 2022 at 12:59 PM

ESTELA L. CARINO, EdD, CESO III
Regional Director
Department of Education
Cordillera Administrative Region

Dear Ma'am:

Greetings!

We are inviting you to join us as we celebrate **World Day for Safety and Health at Work on April 28, 2022**, through a webinar forum with the title "Usapang Kalusugan ng Kaisipan": YOUR MENTAL HEALTH MATTERS.

The aim of this Forum is to highlight the importance of Mental Health wellness in relation to our mandate as public servants, and in creating a safe and healthy culture in the workplace. This endeavor is a collaboration between the Occupational Safety and Health Committee and the Public Health Unit - Health Education and Promotion Office.

We enjoin you to REGISTER through the attached Link to be able to join the Webinar. Also attached is the program for the said event.

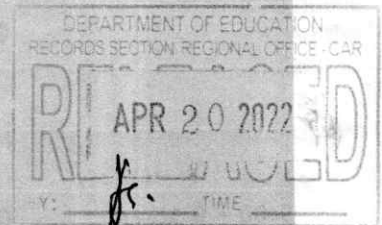
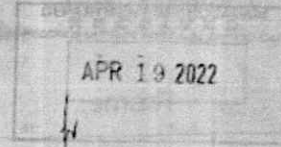
REGISTRATION LINK: <https://forms.gle/pwvReifSmH67iL1W7>We will also appreciate your help in disseminating this information. **Together let us act to build a positive safety and health culture in our workplaces!**

Thank you and mabuhay!

Truly yours,

FREDERICK MARS B. UNTALAN, MD, MBAH
Chairperson, Occupational Safety and Health Committee

2 attachments

FINAL PROG - Usapang Kalusugan ng Kaisipan.jpg
3889KFINAL_Mental Health Matters_ProgramApr28 (3).pdf
497KRepublic of the Philippines
Department of Education
Cordillera Administrative Region**ENDORSEMENT**

20 April 2022

**TO: CHIEFS/OIC, ALL FUNCTIONAL DIVISIONS
SCHOOLS DIVISION SUPERINTENDENTS
ALL OTHERS CONCERNED**

For information and appropriate action.

ESTELA P. LEON-CARIÑO EdD, CESO III
Director IV/Regional Director

For the Regional Director:

FLORENCE E. BALICTAN
Education Program Supervisor
Policy, Planning and Research Division



A webinar - forum of the Occupational Safety and Health Committee in collaboration with the Public Health Unit in celebration of the
World Day for Safety and Health at Work

Theme: *Act together to build a positive safety and health culture.*

Title:	"Usapang Kalusugan ng Kaisipan": YOUR Mental Health Matters
Date:	April 28, 2022 @ 0830H via Online Platform (Webex)

8:30 - 8:45 am

Preliminaries

Mr. John Vincent Lazaro, Safety Officer
Ms. Rochelle Bangaan, PHU Support Staff

8:45 - 9:00 am

Doxology

Acknowledgment of participants

Mr. Redentor Tavarra, OSHC Member
Ms. Lyndel C. Quijon, OSHC Member

Opening Remarks

Dr. Frederick Mars B. Untalan, Medical Specialist IV
Chairperson, OSH Committee

Message

Dr. Ricardo B. Runez, Jr., Medical Center Chief II

9:00 - 9:15 am

Overview of the Webinar Forum

The BGHMC OSH Journey

Dr. Frederick Mars B. Untalan, MS IV
Chairperson, OSH Committee

Introduction of Keynote Speakers and Panelists

Ms. Rowena C. Anievas, RN, Safety Officer

9:15 - 9:45 am

Keynote address:

Theme: *Act together to build a positive safety and health culture.*
Dr. Dulce P. Estrella - Gust, Chairperson, OSHCCAP

9:45 - 10:30 am

Mental Health, Workplace Safety, and Productivity

Civil Service Commission - CAR

Embracing Self-Stewardship as an Ethical Mandate

Dr. Gwendolyn C. Cayad, Medical Specialist III
Psychiatric Department

Workplace Fatigue and Fatigue Risk Assessment

Dr. Joseph L. Alunes, Medical Specialist IV
Head - DFCM / Vice-Chairperson, OSH Committee

10:30 - 11:30 am

Synthesis and Open Forum: *Moderators*

Mr. Fernando M. Calion, Nurse V, Patient Safety Officer
Ms. Ashley Melecio, RN, HEPO III, Safety Officer

11:30 - 11:45 am

Awarding of Certificates of Appreciation

Closing Remarks

Dr. Leamor D. Fangonilo, Head of the Public Health Unit, OSHC Member

12:00 - 12:15 am

Evaluation

Acknowledgments

Ms. Rochelle Bangaan, PHU Support Staff