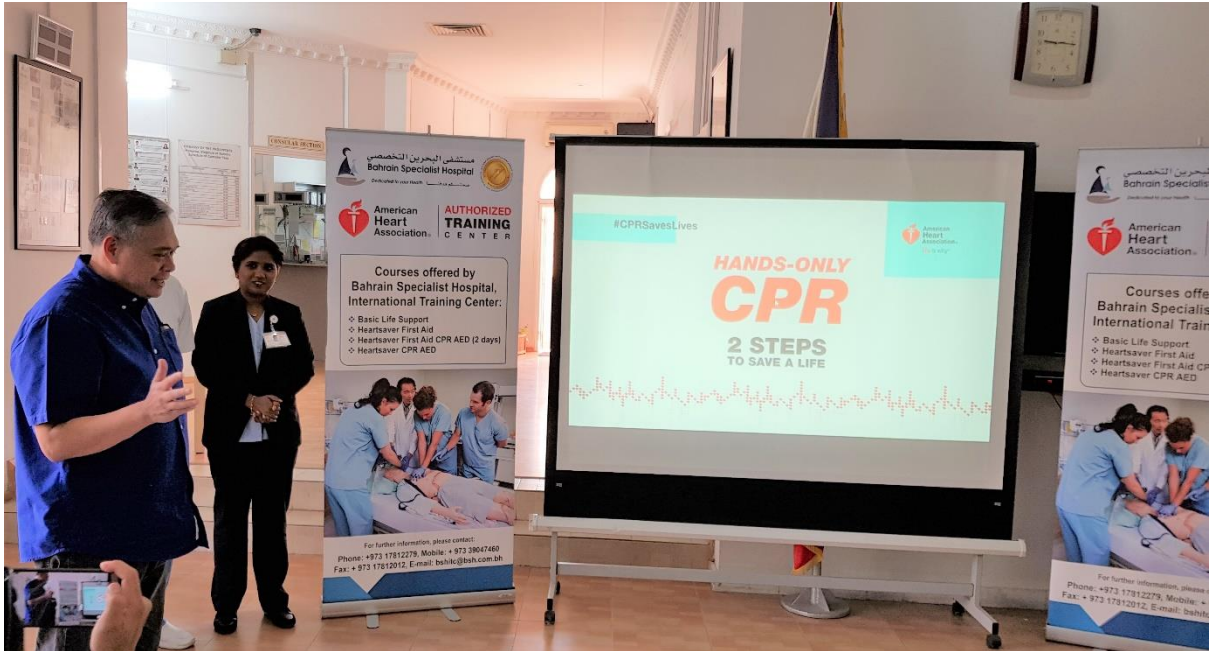


## PHILIPPINE EMBASSY IN MANAMA, KINGDOM OF BAHRAIN IN COORDINATION WITH THE BAHRAIN SPECIALIST HOSPITAL CONDUCTS WORKSHOP ON HANDS-ONLY CPR



Philippine Ambassador to the Kingdom of Bahrain, H.E. Alfonso A. Ver, giving his message at the start of the Hands-Only CPR Training for Embassy personnel and their dependents.

Manama, Bahrain – The Philippine Embassy in Manama, Kingdom of Bahrain in coordination with the Bahrain Specialist Hospital (BSH) conducted a Workshop on Hands-Only Cardiopulmonary Resuscitation (CPR) on Friday, 23 March 2019, from 9:00 A.M. to 11:00 A.M. at the Embassy lobby. BSH is a JCI accredited hospital and is an authorized training center of the American Heart Association.

As part of the Embassy's activities for Women's Month, the training aims to develop the capacity of its personnel and dependent family members to respond to emergency situations that may occur at home, in the workplace or anywhere else.

Ms. Sasikala Sasikumar and Mr. John Christopher Rosauo, licensed Basic Life-Saver Instructors of BSH, were the Resource Persons of the workshop. They discussed and demonstrated emergency situations which may require basic life-saving methods through hands-only CPR. Participants were given the opportunity to practice these life-saving skills through dummy patients.



(Left photo) Mr. John Christopher Rosaura demonstrating the correct position and procedure when performing Hands Only CPR. (Right photo) Ms. Sasikala Sasikumar demonstrating how to perform Hands Only CPR on an infant.

A total of 44 Embassy personnel and their dependents, as well as the current wards of the Migrant Workers and Overseas Filipinos Resource Center, participated in the said workshop.



Ambassador Ver (middle) and other participants having a feel of how to perform Hands-Only CPR on patients who suffered a cardiac arrest.



(Photo above) Personnel of the Philippine Embassy with the trainers and marketing representative of Bahrain Specialist Hospital after the training. (Photo below) Ambassador Ver presenting Certificates of Appreciation to the Bahrain Specialist Hospital Team.

