



ENVIRONMENTALLY FRIENDLY VALUE CHAIN
(HEALTH, SAFETY AND ENVIRONMENTAL PRACTICES)

1. Tree planting: Support to National Greening Program (EO 26, s. 2011)

PCSO officials and employees actively participate in tree-planting program for cleaner air.



Tree planting. Atty. Mabel Mamba, PCSO board of director joined the tree planting activity of LGU Tuao at San Luis, Naruangan. The program is in line with the National Greening Program of the Aquino administration. (www.pia.gov.ph)



PCSO Board of Director Atty. Mabel Mamba leads the tree planting activity in Tuao, Cagayan. She was with students, officials and non-government agency representatives.



PCSO employees tree planting activities (78th Anniversary Celebration)









2. Medicine donation and rural health capability building



PCSO and the Members of the Board of Directors aim to provide and support rural health development thru local medicine donation (LGUs) and capability building assistance for barangays annually including first aid response in disasters or calamities. Photo shows PCSO Quezon branch personnel with Dir. Betty Nantes after the turn over of medicines donation to some brgys. of Alabat, Quezon. (Photo credits: Letty Renomeron, February 28, 2013)

3. Free annual physical check-up for officials and employees



Annual physical check-up is given free to all PCSO officials and personnel by the Medical Services Department. Their dependents are likewise entitled to free medical consultation along with walk-in indigent clientele at the PCSO-LCP Extension Office in Quezon City.

4. Waste segregation program:



In compliance with the Solid Waste Management Act, PCSO (thru the Disposal Committee) requires its officials and employees to segregate solid wastes especially newspapers, plastic bottles/cups including used/obsolete paper forms and bond papers.



5. Free medical and dental missions

PCSO conducts regular free medical and dental missions, by it self, or in collaboration with various socio-civic organizations, LGUs including barangays nationwide. Special attention is given to the elderly, children below seven years old and pregnant women.





6. Milk feeding program: Anti-junk food drive

To counter patronage of junk food, promote healthy snack options, and support the local dairy industry, PCSO and the National Dairy Authority (NDA), collaborated in milk feeding program for indigent children of school age in Masbate and select Metro Manila communities. (Upper photo: PCSO Director Francisco G. Joaquin III (far right) with representatives from National Dairy Authority); Lower photo: school age children enjoying milk sponsored by PCSO)





7. Emergency medical transportation: PCSO Charity on wheels

PCSO donates ambulance units to LGUs and socio civic organizations. Under the equitable ambulance donation program, 1st-3rd class cities and municipalities avail of 60% (PCSO) and 40% (LGU equity) program while 4th-6th class Municipalities avail of 100% (PCSO) free ambulance program. (Upper L-R Photos: PCSO Chairman, Erineo “AAYong S. Maliksi leads the ceremonial turn-over of ambulance units to LGUs together with Directors: Atty. Francisco G. Joaquin III, Ms. Betty Nantes and Atty. Mabel V. Mamba; Lower Photos: PCSO ambulance units for donation to LGUs.





8. Disaster preparedness:

- a. Infographics (posted at www.pcsso.gov.ph on July 30, 2015)

**PCSO SUPPORTS THE METRO MANILA
SHAKE DRILL
JULY 30, 2015
(10:30 - 11:30 AM)**

During an Earthquake

- ✓ If you're indoors, stay there. Get under – and hold onto – a desk or table, or stand against an interior wall. Stay clear of exterior walls, glass, heavy furniture, fireplaces and appliances. If you're in an office building, stay away from windows and outside walls and do not use the elevator.
- ✓ If you're outside, get into the open. Stay clear of buildings, power lines or anything else that could fall on you.
- ✓ If you're driving, move the car out of traffic and stop. Avoid parking under or on bridges or overpasses. Try to get clear of trees, light posts, signs and power lines. When you resume driving, watch out for road hazards.
- ✓ If you're in a mountainous area, beware of the potential for landslides. Likewise, if you're near the ocean, be aware that tsunamis are associated with large earthquakes. Get to high ground.
- ✓ If you're in a crowded public place, avoid panicking and do not rush for the exit. Stay low and cover your head and neck with your hands and arms.

After an Earthquake

- ✓ Check for fire or fire hazards. If you smell gas, shut off the main gas valve. If there's evidence of damage to electrical wiring, shut off the power at the control box.
- ✓ If the phone is working, only use it in case of emergency. Likewise, avoid driving if possible to keep streets clear for emergency vehicles.
- ✓ Check for cracks and damage to the roof and foundation of your office.
- ✓ Listen to the radio for important information and instructions. Remember that aftershocks, sometimes large enough to cause damage in their own right, generally follow large quakes.
- ✓ Leave a message telling friends and family your location.



b. PCSO earthquake simulation exercise: Metro Mania Shake Drill



Metro Manila Shake Drill. After the “drop, cover and hold” for forty-five (45) seconds, PCSO –LCP (Lung Center of the Philippines) Extension Office officials and employees including walk-in indigent clientele seeking medical and hospital assistance promptly evacuated their offices. Participants calmly moved to the basketball court (pre-determined open convergence area) ably assisted by safety marshals (PCSO Security Force, LCP Security and Engineering personnel). After head-count, participants witnessed simulation exercises for emergency ambulance response from the PCSO Medical Services Department headed by Dr. Joby Gochoco, MD. (Photo Credits: Javince Nacino, July 30, 2015)



9. Disaster relief response and area assessment:

PCSO conducted relief distribution (food and non-food items were prepared by PCSO officials and employees) for displaced constituents of Barangay Batang, Municipality of Hernani, Province of Eastern Samar after super typhoon “Yolanda” ravaged Leyte (Tacloban) and the Provinces of Samar and Eastern Samar (first landfall at Guiuan, Eastern Samar). PCSO also donated water filtration system to the Provincial Hospital, Eastern Samar.
(Photo credits: © 2013 Didier Ruef)



PCSO Branch Office personnel distributed Family Emergency Medicine (FEM) kits for calamity victims in Mindanao. FEM kits, blankets, mosquito nets and sleeping mats (*banig*) are usually distributed as relief packages by PCSO along with essential medicines for fever, diarrhea, anti-biotics, etc.

