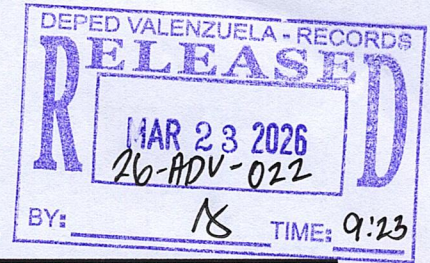




DepEd ICT Unit
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Republic of the Philippines
Department of Education
 NATIONAL CAPITAL REGION
 SCHOOLS DIVISION OFFICE OF VALENZUELA CITY



**Office of the Schools Division
 Superintendent**

Advisory No. 023 s. 2026
 March 18, 2026

In compliance with DepEd Order (DO) No. 8 s. 2013
 this advisory is issued not for endorsement per DO 28, s. 2001,
 but for the information of DepEd officials, personnel/staff,
 as well as the concerned public
 (Visit www.deped.gov.ph)

**RECOMMENDATIONS FOR HEAT-RELATED ILLNESS PREVENTION
 FOR CITY PERSONNEL**

Attached is a letter from Dr. Anthony B. Cu, City Health Officer dated March 9, 2026, with the subject: Recommendation for Heat-Related Illness Prevention for City Personnel, the content of which is self-explanatory for the information and guidance of all concern.

SGOD/APJ/ADVISORY – RECOMMENDATIONS FOR HEAT-RELATED ILLNESS PREVENTION
 FOR CITY PERSONNEL
 _____/March 18, 2026



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All offices are encouraged to adopt and implement the appropriate measures indicated herein, subject to the mandates, operational requirements, and nature of work of their respective offices.

I. Protective Measures for City Employees Whose Work Entails Long Hours Outdoors

As highlighted by the Department of Health (DOH), exposure to high and extreme heat may increase vulnerable workers' susceptibility to injury and illness. Studies show that on days where temperatures exceed 32°C, workers may experience a 6–9% higher risk of occupational injury.

In this regard, offices with personnel whose duties require prolonged outdoor exposure, such as but not limited to the Traffic Management Office (TMO) and Waste Management Personnel (WMP), are advised to implement the following measures whenever **the heat index reaches 32°C and above**, as reported by the Department of Science and Technology – Philippine Atmospheric, Geophysical and Astronomical Services Administration (DOST-PAGASA).

A. Limiting Exposure Time and Temperature

- Schedule outdoor or heat-intensive tasks during the cooler parts of the day (early morning, late afternoon, or evening shifts) whenever feasible.
- When possible, assign heat-intensive work on alternate days rather than on successive days.
- Adjust work-rest schedules to allow longer or more frequent rest periods.
- Provide cool or shaded rest areas where employees may recover from heat exposure.
- Implement a buddy system or deploy additional personnel to allow rotation and reduce prolonged exposure.
- Permit temporary work interruption when workers experience symptoms of heat discomfort.
- Encourage increased water intake during work hours, ideally one cup every 15–20 minutes.

B. Reducing Metabolic Heat Load

- Reduce work duration during periods of high heat by shortening workdays, increasing mandatory rest periods, and limiting overtime or double shifts.
- Employees should be encouraged to minimize unnecessary heat exposure by limiting outdoor activities during peak heat hours (10:00 AM to 4:00 PM) and remaining indoors or in shaded areas whenever feasible.
- Shorten individual heat exposure periods, recognizing that more frequent short exposures are preferable to fewer prolonged exposures.

C. Health and Safety Awareness

- Obtain and disseminate Information, Education, and Communication (IEC) materials on heat-related illness prevention and management for both workers and supervisors.
- Implement a buddy system wherein workers monitor one another for early signs and symptoms of heat-related illness and take necessary preventive action.



D. Work Schedule Adjustments Based on Heat Index

- Heat Index: 33°C - 41°C
 - Conduct field inspections, monitoring activities, and other outdoor operations during the cooler parts of the day whenever possible.
- Heat Index: 42°C - 51°C
 - Strongly recommend excluding elderly personnel and individuals with pre-existing medical conditions from outdoor activities such as field inspections and monitoring.
- Heat Index: 52°C and above
 - Strongly recommend deferring or rescheduling all outdoor activities, including inspections and monitoring tasks, for all employees.

E. Ensuring Adequate Hydration During High Heat Conditions

- Increase the availability of water fountains and water coolers near work areas.
- Encourage workers to drink water frequently to prevent dehydration.
- Advise workers to monitor their hydration by observing urine color, as dark-colored urine indicates dehydration.
- Discourage consumption of sugary, caffeinated, and alcoholic beverages, as these may increase dehydration risk.
- Encourage the consumption of cool foods and water-rich foods, such as fruits and vegetables.

F. Weather-Appropriate Work Uniforms

- Encourage the use of loose-fitting, lightweight, light-colored, and long-sleeved clothing to facilitate body cooling.
- Avoid bulky or non-breathable protective equipment whenever possible, as these may hinder heat dissipation.
- Discourage wearing dark-colored or non-breathable clothing during outdoor work.
- Consider the use of anti-heat-stress uniforms or cooling vests to reduce heat exposure.
- Provide umbrellas or wide-brimmed hats (with a brim of at least 2–3 inches) for personnel conducting fieldwork.

G. Covered Movable Posts for Traffic Personnel

For the Traffic Management Office (TMO):

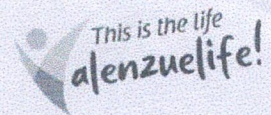
- Utilize traffic signal posts during hours of severe heat exposure (10:00 AM – 2:00 PM).
- In high-traffic areas without traffic signal posts or with malfunctioning signals, personnel are encouraged to use elevated movable posts equipped with umbrellas to improve both visibility and protection from heat exposure.

II. Coordination for Heat-Related Illness Prevention

Early recognition of heat-related illnesses is essential to prevent mild symptoms from progressing into life-threatening conditions such as heat stroke. Prompt identification of warning signs enables timely intervention and significantly reduces the risk of complications.



Republic of the Philippines
CITY OF VALENZUELA
Metropolitan Manila



The signs and symptoms of heat-related illnesses include, but are not limited to, the following:

- Excessive sweating or absence of sweating
- Dizziness or lightheadedness
- Headache
- Muscle cramps
- Nausea or vomiting
- Rapid heartbeat
- Confusion or loss of consciousness

Once symptoms of heat-related illness are observed, immediate provision of first aid and appropriate response measures should be undertaken. Personnel should promptly coordinate with the Valenzuela City Rescue Unit (8352-5000 or 8292-1405) to ensure timely medical assistance. Initial interventions such as moving the affected individual to a cooler area, providing hydration, and applying cooling measures may prevent further deterioration.

To strengthen monitoring and reporting mechanisms, the City Health Office has implemented an Event-Based Surveillance Response (ESR) system, overseen by the City Epidemiology and Surveillance Unit (CESU). Reporting of suspected heat-related incidents may be done by completing the Heatwave Reporting Form, accessible through a Quick Response (QR) Code or through the following link:

<https://forms.gle/SW8vEytZSqraZUQ29>

This reporting system enables CESU to monitor potential heat-related events in real time, facilitating rapid intervention and appropriate response.

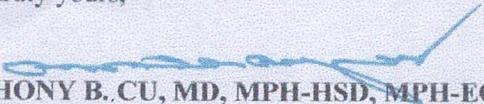
In cases where individuals exhibit severe symptoms of heat-related illness, particularly heat stroke, fellow employees should immediately assist the affected individual and facilitate transfer to the nearest emergency medical facility:

- District I - Valenzuela Emergency Hospital (8352-6000)
- District II - Valenzuela Medical Center (8294-6711)

All offices are enjoined to disseminate and implement the above recommendations to ensure the health, safety, and productivity of all city government personnel during periods of extreme heat. Enclosed are Information, Education, and Communication (IEC) materials that may be reproduced and disseminated to your personnel to further support awareness and preventive measures.

Thank you for your continued commitment to occupational health and safety.

Very truly yours,


ANTHONY B. CU, MD, MPH-HSD, MPH-EOH, CESE
City Health Officer

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