

Home is Best

Protect Yours

Sunnies!

Guide to Good Glasses

Beach Days

Fun in the Sun

Thieves, Scammers, and Pickpockets, Oh My!

Avoiding Vacation Vexations

Panorama

Promoting Family Safety

2nd Quarter 2015



If you have any articles you would like to submit, or any suggestions, please e-mail them to panorama@aramco.com

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Enjoying the sun and activities like swimming, sailing, wind surfing, snorkeling, diving, and beach volleyball can be a lot of fun.

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On the Cover

Safety star Adam, 3, is ready for travel and adventure anywhere in the world.

“East, West, Home is Best ...”



It's so tempting to tell everyone about your adventures and share pictures of what you're doing. But thieves are also on social media.



Tell Us What You Think

We've been busy improving the look of Panorama and want to know what you think. There will be additional changes in the coming months — but our mission to serve our audience and promote safe habits continues. We'd love to hear your thoughts on the magazine.

Email us at:
panorama@aramco.com



You've had a wonderful vacation. You feel refreshed and relaxed. Until you step in the door of your house and find a devastating mess. It's enough to make you turn around and head back to the airport!

Water damage, fires, break-ins — any one of these events would make coming home very unpleasant. But there are several simple things you can do to protect your home while you're away.

Facebook doesn't need to know

It's so tempting to tell everyone about your adventures and share pictures of what you're doing. But thieves are also on social media. If someone sees that you're enjoying the beach in Sharm el Sheikh, that means your house is vacant and an easy target. Remember that your profile picture is public, not just for your friends and family.

Unplug

It's always a good idea to unplug appliances to protect them from power surges. This saves power as well, since many electronics use power in standby mode. However it is a good idea to leave some lights plugged into a timer. This turns lights on and off and makes the house look occupied.

Dry out

Turn off your water supply to the house using the water main's switch. No need to come home to a burst pipe and a house full of water.

Friendly face

Ask a friendly neighbor or a trusted coworker to drop by and check that everything is in good order while you're away. This can put your mind at ease.

Before you head out the door on a trip, take a few minutes to look after your house. Then you can grab your passport and suitcase and leave the worries behind you.

Ask Our Experts



I see lots of suggestions to look for the UL mark on products, but what does the UL mark mean?

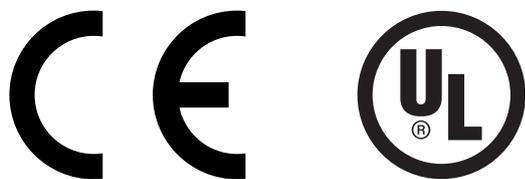
UL stands for Underwriters Laboratories, a US-based worldwide not-for-profit organization dedicated to public safety. It has been internationally recognized as a leader in product safety testing and provides safety-related certification, inspection and testing of products before they reach the public. There are three types of classification that UL gives products that pass their tests.

If a product receives a UL Listing mark then the manufacturer has demonstrated that the product meets safety guidelines for common risks it might face in daily use. This is the most comprehensive testing UL does, since it checks a range of risks to the product. For example, a plug adaptor used according to manufacturer's guidelines should not catch fire and the case should not break. UL will test several adaptors to make sure this is true before approving the product.

A UL Classification mark means that the product was tested for a very specific risk or to perform under specific conditions. A document safe with a UL fire rating for thirty minutes would receive UL Classification, not UL Listing, because it was tested for a fire risk at that length of time only.

UL Recognition is used when the organization tests a part that will be used in a larger product. They may test a motherboard before it becomes part of a computer, for example. The organization hasn't tested the whole computer so the UL mark can't be added to the whole product.

Making sure that the products you buy for your home or office are safe is important. Always look for a safety organization like UL, FM or one of the other 16 OSHA recognized testing laboratory marks on any products you plan to buy.



What's the difference between CE and UL?

UL is a testing laboratory. CE is a certification by the manufacturer that the product meets European Union safety requirements and is not accepted in the US.

Ask Our Experts

Have a safety question and need an answer? Ask our experts.

Send your questions to: panorama@aramco.com

Subject: Question



Drown Your Thirst

Your body needs water. It can't work without it. Drinking water is often the easiest and best way to keep full of fluids, but juice, milk and sports drinks also work.

Spending time in the sun or exercising uses more water as you sweat and breathe faster. You need to replace this water by drinking more during these times, but don't exceed 0.4 to 0.8 liters per hour.

Replace lost salt with a sports drink.



How Much Per Day?

kg	liters
45	1.98
54	2.37
64	2.78
73	3.16
82	3.58
91	3.96
100	4.55
109	4.76



Fun at the Beach

A day at the beach can be a wonderful time to get together with family and friends.

Enjoying the sun and activities like swimming, sailing, wind surfing, snorkeling, diving, and beach volleyball can be a lot of fun. However, they can also be hazardous if you don't follow a few simple guidelines.



In addition to sun block, wear a wide-brimmed hat to keep the direct sun off your face. If you plan to swim for a while, consider wearing a light t-shirt to protect you from the sun.

Sun safety

The sun can burn you more quickly than you think since the effects of the sun can be magnified at the beach by reflecting off the water. Be sure to protect yourself and others by applying plenty of sun block with a high sun protection factor (SPF). Even though many sun block products claim to be water resistant, they do wash off and need to be reapplied as soon as you leave the water. You should also apply sun block every few hours because it can wear off.

In addition to sun block, wear a wide-brimmed hat to keep the direct sun off your face. If you plan to swim for a while, consider wearing a light t-shirt to protect you from the sun.

The summer heat can dehydrate you very quickly, so be sure to drink plenty of water — at least half a liter every hour. Get into the shade if you are feeling hot or light headed.



Water activities

Whatever activity gets you into the water, be sure to obey the lifeguard's instructions at all times. Check the wind and surf conditions to make sure it is safe to enter the water.

If you are sailing or wind surfing, be sure to wear a life vest in case you go overboard. While snorkeling or diving, make sure that all your equipment is in safe working order. Always have a partner with you in case of emergency.

Other fun

If you will be playing any games on the sand, or if your kids are playing in the sand, do a quick inspection to make sure there is no broken glass or trash. And be courteous to other beach users; remember to bring all your food items and drinks in plastic containers and throw away all your trash.

The sand and other surfaces can get really hot, so wear suitable sandals or flip flops. Burned feet are not fun.

Following these quick and easy tips will ensure that your beach outing is fun and safe! Enjoy your day at the beach!

Panorama Poll

What do you always take to the beach or pool to help you avoid too much sun?

Sunglasses

Sun block

Hat

Shirt

Umbrella

Sun Shade or Tent

Nothing

Let us know. panorama@aramco.com

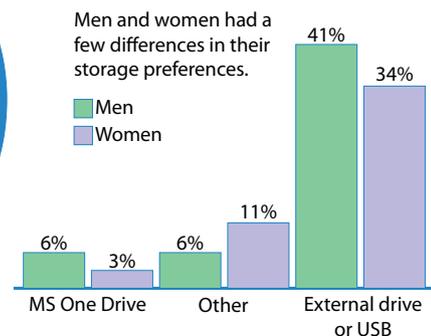
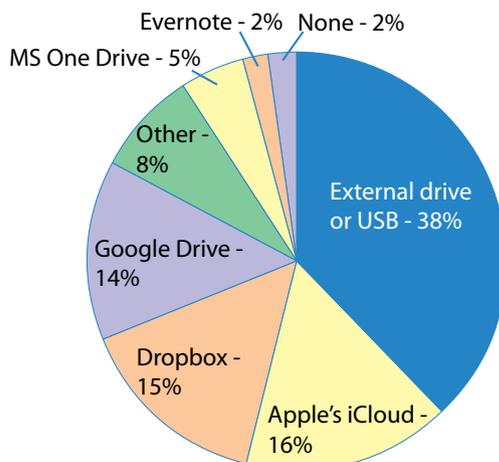
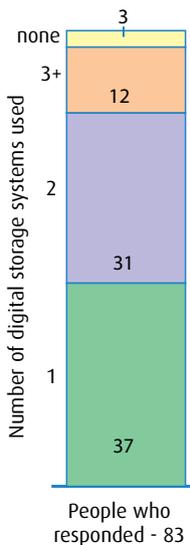
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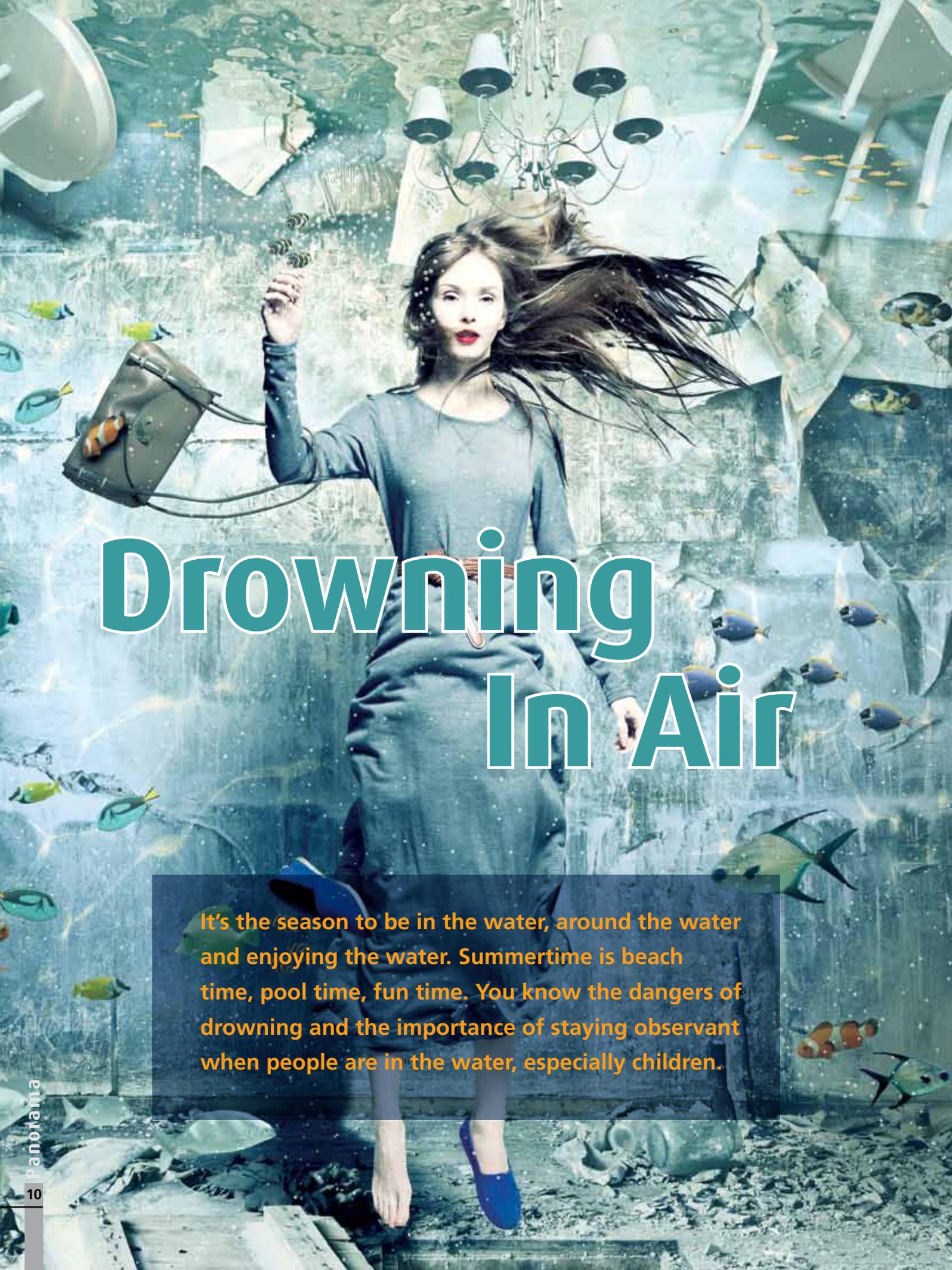
Please include your name



Poll Points - What Digital Storage Do You Use?

We asked our readers this question in the 4th Quarter edition.
Most of our readers said they used at least one digital storage system.





Drowning In Air

It's the season to be in the water, around the water and enjoying the water. Summertime is beach time, pool time, fun time. You know the dangers of drowning and the importance of staying observant when people are in the water, especially children.



“Regular” drowning happens when you are in the water and inhale water into your lungs and airway until no air intake is possible, leading to suffocation.

Drowning can happen in very little water. Unfortunately, it is also possible to drown after you have left the water, in some cases hours later. These situations are called dry drowning and secondary drowning. Both are very rare, but can happen.

“Regular” drowning happens when you are in the water and inhale water into your lungs and airway until no air intake is possible, leading to suffocation. With dry drowning, water never reaches the lungs. Instead, breathing in a little water by mistake causes the vocal chords to spasm and close up, even after leaving the pool or sea. The spasm closing up the airways makes it hard to breathe. Dry drowning usually happens right after any incident in the water — for example, struggling while swimming or simply getting water in your mouth or getting dunked.

Secondary drowning can occur when water reaches the lungs and remains there, absorbed into and damaging the lung membranes, which are necessary to exchange oxygen and carbon dioxide. The result is a pulmonary edema — fluid accumulation in the lungs — and can make breathing impossible, leading to respiratory failure. Secondary drowning generally starts later, within one to 24 hours of the incident. Tragically, in that time individuals may have gone to bed and simply never wake up.

Dry and secondary drowning are very rare — only 1 to 2% of all drowning incidents occur from these scenarios. For parents in particular, it is best to be familiar with their causes and consequences. Though adults can drown in these ways, it is more common in kids because of their

size and because adults are more quickly aware when something is wrong.

It’s good for all adults to be aware that dry and secondary drowning exists, even though the chances of facing such drowning types are very small – thankfully!



Signs and Symptoms

Dry drowning and secondary drowning have the same symptoms. They include:

- Coughing
- Chest pain
- Trouble breathing
- Feeling extremely tired

Changes in behavior, such as irritability or a drop in energy levels, could mean the brain isn't getting enough oxygen.

What to Do

Get medical help right away. Although in most cases symptoms are relatively mild and will go away on their own, it's important to have them checked out especially in children.



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Wear Your Sunnies!

Sunglasses are purchased as a stylish accessory far more often than for their intended purpose: to protect your eyes from sun glare and ultraviolet (UV) rays that can lead to painful and permanent eye damage. You protect your skin against sunburn – so why not your eyes?

Sun glare and UV overexposure can result in cataracts and growths on the surface of the eye (known as pterygia). A day at the beach without sunglasses can cause painful, if temporary, surface burns to your eye, just like sunburn on your skin.

Even on hazy days, UV rays are present. Even though you can't see the sun, you can still be at risk. Children need their sunnies too and not just to look cute. Kids are often in the sun and their eyes are more sensitive, so protection is a must.



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Glaringly Obvious

Glare is reflected sunlight that can come off of water, buildings, glass, snow, or virtually any object the sun's rays reach. It can be harsh and momentarily blind you, which is another good reason to wear your sunglasses daily!

What protection should your sunglasses give you? Lenses need to block 99 to 100% of UVB and UVA rays, the types of UV light that can do the most damage. UV 400 protection will shield eyes from even the tiniest UV rays. Lenses with an approved blocking standard, such as the American National Standards Institute (ANSI) Z80.3, mean your sunglasses are going to protect you. Dark, colored, or expensive lenses don't necessarily offer better UV protection.

The protection level will be on a label or sticker when you buy sunglasses, or sometimes printed on the sunglasses themselves. If you're buying new glasses and the information isn't there, save your money for a pair that shows you what you're buying.

Wear polarized lenses if you enjoy water sports as they eliminate glare, but make sure they are also UV protected. Wraparound styles protect the eyes further as they help keep out peripheral glare.

Wear your sunglasses all year round. They're not there just to make you look good!



Be a Safety Star

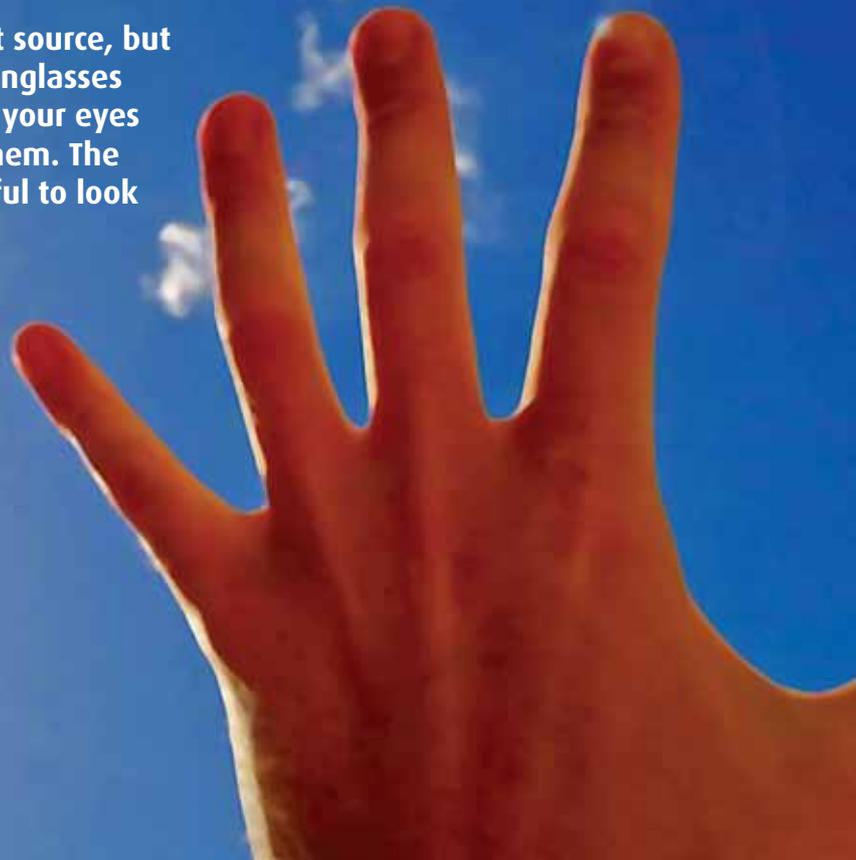
Panorama is seeking models for upcoming issues. We need you and your family's smiles to join our team!

Please contact us at panorama@aramco.com

Subject: Safety Stars

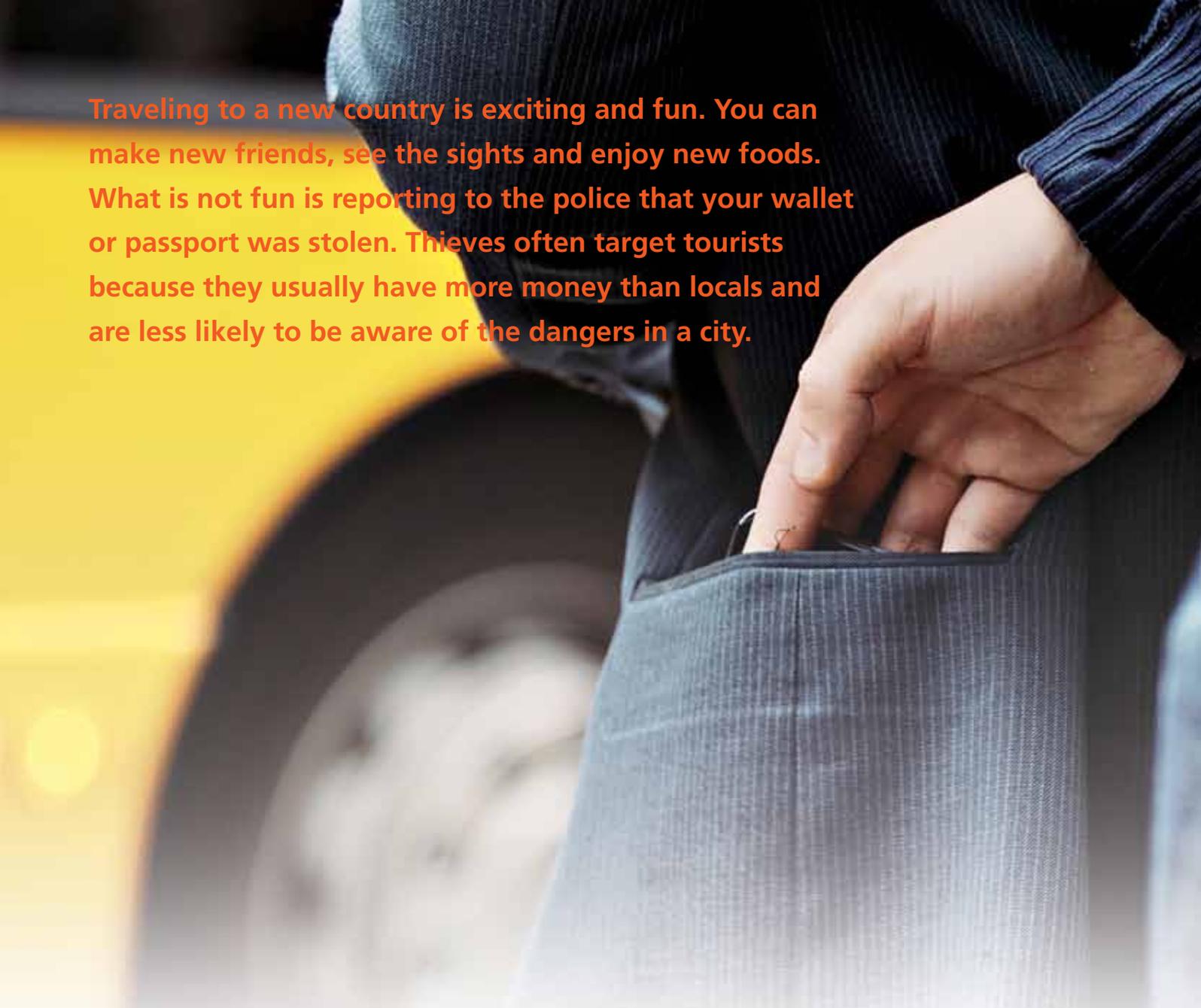


The sun is an intensely bright light source, but looking directly at it, even with sunglasses on, will immediately start to burn your eyes and could permanently damage them. The sun is much too bright and beautiful to look at directly, so don't try it!



A close-up photograph of a hand pulling a black smartphone out of a brown leather bag. The background is a blurred crowd of people, suggesting a busy public area. The text is overlaid on the top half of the image.

On Vacation Thwart Thieves, **Spot Scammers,** **and Pick out** **Pickpockets**



Traveling to a new country is exciting and fun. You can make new friends, see the sights and enjoy new foods. What is not fun is reporting to the police that your wallet or passport was stolen. Thieves often target tourists because they usually have more money than locals and are less likely to be aware of the dangers in a city.

Pickpocketing is the most common crime faced by tourists in every city and country around the world. A pickpocket is a thief who takes your valuables when you aren't looking and disappears into the crowd. Mobile phones, wallets, and cameras are common targets for these thieves. They operate at all times of the day and night and generally look like everyone else. Their goal is to blend in with the crowd.

During the 2012 London Olympics, reports of pickpocketing rose to 1,700 incidents per day in the city. The UK averages about 600,000 pickpocket incidents each year. To reduce the chances of being a pickpocket's victim, always be aware of your surroundings and follow the advice of law enforcement.

Pickpocket Prevention

The easiest way to avoid a pickpocket is not to have anything easy to take. When you head into town for the day, leave most of your money, credit cards, and all of your important documents locked in the hotel safe. Only carry what you really need. Store color copies of your passport, credit cards and plane tickets somewhere safe in case the worst happens.

Ladies should make sure that their purses have a zipper. A zipper that is a bit difficult to open makes it harder for a pickpocket to get a hand in and a wallet out. Put shoulder straps across your chest so that your purse is in front of you rather than behind or at your side. When sitting down at a restaurant keep your purse in your lap, not on the table or hanging from the chair where it is easy to grab.



Men should put their wallets in their front pockets and button or zip them closed if possible. Wrapping a heavy rubber band around the wallet makes it harder to easily remove from a pocket and helps keep it safe from thieving fingers. If someone mentions pickpockets or you see a wallet lying on the ground, don't tap your own wallet. The thieves are probably watching to see where you keep your valuables, so they can more easily rob you.

Some thieves like to work with a partner or in a group. They often use distractions to steal from you. For example, one will spill something on you and then try to help you clean up. While you are distracted, the partner steals your money. Crowded areas are the most dangerous for tourists and most tempting for thieves. Stay alert for people handing you things, bumping into you, or putting papers or items in your face.

Tourist Trap

Thieves like to target hotels and sometimes even work there. Credit card fraud and identity theft are big business in the crime world. If the desk clerk is talking on a mobile phone when you hand over your card they might be taking a photo of your card. If you have any sticker-type visas in your passport, check that they are there when it's handed back to you.

The hotel you stay in will most likely have a cleaning service. Money left on a table or sitting on the bed may be confused for a tip, so always lock up your money and valuables. Close your luggage and lock it before you leave the room for the day and use the hotel's safe when possible. Don't bring anything you would be heartbroken to lose or that is expensive to replace.



In some countries, leaving the airport means facing a long queue at a taxi stand. While you're waiting, a private driver may offer you a ride at a "good price," which is sometimes much more expensive than a regular taxi! Another trick is to tell you that your hotel is under repair or closed, but they know of a good one somewhere else. They receive a commission for every person they guide to that hotel.

Local markets may have a similar deal with the local drivers. For every tourist they bring to a shop, where the prices are often higher than average, the driver gets a percentage of the sales. If you want to shop

for authentic local products ask the front desk clerk at your hotel where the locals shop and to give you directions in the local language for the taxi driver.

Spotting Scammers

A scammer is a person who tricks you into giving them your money or valuables for nothing in return. Scammers use a variety of tricks to get a tourist's money, so keep your eyes open and protect your wallet. Some scammers even work with a pickpocketing partner.

If someone approaches you and offers a bracelet, flower, or other item for free, be careful. Usually as

soon as you touch it, they demand money. Other scammers offer classes for a very low price, but fail to mention that price is by the hour or half-hour and at the end of the day you owe a small fortune.

Be aware of people asking you to buy things for them, like pencils or baby formula. Often these scammers have a deal with a shopkeeper to get you to buy something at a higher price than normal. After you're gone, they bring back the supplies and split the money. Some sellers will assure you that what you are buying, like a gem stone, is very valuable, only to discover it's worthless when you get home and take it to a reliable jeweler.

Tourists usually don't know the local police or officials and can easily be intimidated by demands for money from "authorities." Scammers sometimes disguise themselves as police to demand taxi riders pay a special road tax or they stop people to see if they have counterfeit money in their wallets. Instead of handing over your wallet and never seeing it again, ask the officer to take you to a police station before you agree.

Relaxing on vacation is great. Using a few simple safety steps can help you have peace of mind and a full wallet as you see the world.



We Kid Art

Draw a picture of "Summer fun is safe"

Ask your parent to send it to us as a .jpg 300dpi

panorama@aramco.com

Subject line: Art

Include first name and age of child,
and parent's badge number



Thieves and scammers target tourists because they usually carry cash and don't know the local rules, customs, or language. Each day an estimated 400,000 pickpocket incidents occur around the world. In Barcelona, it is estimated that one in four tourists will be the victim of a pickpocket.

Top Ten Pickpocketing Cities

1. Barcelona, Spain
2. Rome, Italy
3. Prague, Czech Republic
4. Madrid, Spain
5. Paris, France
6. Florence, Italy
7. Buenos Aires, Argentina
8. Amsterdam, Netherlands
9. Athens, Greece
10. Hanoi, Vietnam



We Kid Art

“Our car is a safe car”

١. يوسف (٥ سنوات)
٢. انطوني (٥ سنوات)
٣. عبد الرحمن (٥ سنوات)
٤. بن (٥ سنوات)
٥. مريم أ (٥ سنوات)
٦. إيلينا (٤ سنوات)
٧. بتي (٥ سنوات)
٨. حصة (٤ سنوات)
٩. معاذ (٥ سنوات)
١٠. تاليا (٥ سنوات)
١١. مريم س (٥ سنوات)
١٢. عبد الله (٥ سنوات)
١٣. صمويل (٥ سنوات)
١٤. لياه (٥ سنوات)
١٥. مايا (٥ سنوات)
١٦. خديجة (٧ سنوات)

1. Yousef, 5
2. Anthony, 5
3. Abdul - Rehman, 5
4. Ben, 5
5. Maryam A, 5
6. Elena, 4
7. Beti, 5
8. Hussah, 4
9. Maaz, 5
10. Talia, 5
11. Maryam S, 5
12. Abdullah, 5
13. Samuel, 5
14. Leah, 5
15. Maya, 5
16. Khadija, 7



