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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How would you feel if you were asked to put down your smart phone or other mobile device for a few hours and not use it at all? Would this make you feel agitated?

For parents it can seem like a never-ending challenge. What’s on the floor? What’s in that cabinet? Is there something loose on a toy? The search for all the small things that can go in a child’s mouth seems never ending.
The most common problem with overweight bags is back pain. Bags carried over one shoulder can force you to twist or bend your spine in dangerous ways.

You stand in the kitchenware store staring at the wall of pans trying to determine which one should come home with you. Famous chefs’ faces peer at you from their labels, but Consumer Reports tested those famous chef brands and were unimpressed with their quality.

Homes are like people. They can age gradually and almost imperceptibly. Then suddenly you realize that a familiar face has wrinkles and black hair has streaks of gray.

Safety star Hetti, 2, enjoys summer at the park.
smart phones: you don't need to be on call 24/7
How would you feel if you were asked to put down your smart phone or other mobile device for a few hours and not use it at all? Would this make you feel agitated? Out of touch? Worried you may miss something important?

There are many advantages to smart phones. They are not just phones, they are information resources and, by 2016, 2 billion of us will have them.

We use them so much, we don’t always realize that some phone habits can cause us ill health or be dangerous. Perhaps we need to remind ourselves to ease up on how much we stay in touch.

**Personal safety**

Personal safety issues surrounding smart phone or mobile device use are well known for road users. Driving while using a mobile phone, either texting or talking, is still one of the leading causes of road accidents and has caused horrific tragedy worldwide.

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**Body strain**

The whole body can be affected by too much phone use. Your posture will suffer from sitting hunched over your device. Thumb tendonitis and carpel tunnel syndrome are painful conditions caused by awkward and sustained gripping positions and typing.

Walking while texting or browsing on your mobile device can also be dangerous. When looking at your screen, your head is down and your mind is occupied. If you don’t take proper note of your surroundings you can step off a sidewalk and into the path of traffic or walk into light posts or other people. Being aware of dangers around you, such as someone trying to snatch your purse, is a good reason to look up from your screen. Even talking on the phone while you’re walking can get you into trouble.
If you don’t take proper note of your surroundings you can step off a sidewalk and into the path of traffic, or walk into light posts or other people.
Let’s not forget about the strain on your eyes from looking at a small screen. Whether texting or browsing, reading or answering an email, you hold your phone closer than you would normally hold a book or a newspaper. Over time, this could — and probably will — cause problems including eye strain, headaches, dry eyes, and double or blurred vision.

**Bad habits**
Checking smart phones has become a habit — even when there’s nothing to really check. Anxiety levels and self-esteem can be affected by our need to check our phones, even though there is a certain reassurance in doing so, hence the habit. We can become dependent on our need to be needed — a retweet, a post, an email. Are we still in the loop with someone, somewhere? Keeping up with work through your phone is common but creates “on demand” anxiety unless you learn to separate your time wisely.

Ironically, an app called Checky is available to tell you how many times a day you check your phone. There was a time when smart devices didn’t exist and we still got through the day.

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*Keeping up with work through your phone is common but creates “on demand” anxiety unless you learn to separate your time wisely.*

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**give yourself a break**

- Do hand and finger stretches.
- Limit your screen time.
- Relieve your eyes — look up, blink your eyes, and focus on a faraway point for a few minutes.
- Don’t ever use phones if you’re driving, even hands-free phones.
- Keep work communications for work time, not home time.
- Switch off your phone for at least part of the weekend.
- Rediscover real-world recreation, like reading a book or doing some gardening.

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**nomophobia:**
No-mobile-phone phobia is the fear of being out of mobile phone contact. A root cause is FOMO — fear of missing out. It’s estimated 66% of us are nomophobics.

**average smart phone use per day:**
- Phone checked over 200 times
- Messages checked 23 times
- Social media checked nine times
I've heard that microwaving food can be dangerous. Is this true?

There have been a lot of rumors about how microwaves make food unsafe to eat. These rumors suggest that microwaves somehow change the “structure or energy” of food, making it unhealthy.

The truth is, there is no evidence that microwave cooking is any more dangerous for you or your food than other types of cooking. In fact, there is some evidence that microwaves help vegetables keep more of their nutrients, compared to other types of cooking, because they can cook food faster and use less water.

Some people have suggested that microwaving food will form “radiolytic compounds,” new chemicals created by the tearing apart of molecules. However, microwaves don’t have enough power to “tear apart” molecules and they have nothing to do with radioactivity. Microwaves cook food using electromagnetic waves, not radiation.

The rumor suggests that these chemicals can be cancerous, radioactive, unnatural, or otherwise dangerous, none of which is supported by fact. There have been no medical studies showing that microwaves cause or even increase your chances of getting cancer or other health problems.

There have been studies showing that eating food cooked in microwaves can make people fatter, but this has more to do with the type of food that most people put in the microwave, not the cooking itself. Much of the instant food produced for microwaves is high in fat and sugar content.

What is true is that if you heat a glass of water for too long it will explode when you open the door. Water in a microwave can get hot so quickly that it doesn’t have time to boil normally. When you open the door, the superheated water boils all at once and explodes. Heating water for shorter times or putting a wooden spoon in the cup, which allows bubbles to form and breaks the surface tension of the water, helps to keep this from happening.

Because microwaves heat food unevenly and quickly, baby formula heated in the microwave should always be shaken and tested before being given to a baby. It is easy to accidentally overheat the formula and burn your baby’s mouth.

Microwaves cook using electromagnetic fields that can create sparks and fire if they come into contact with metal. Never put foil, silverware, jar lids, plates with gold or silver foil in the pattern, or other kinds of metal in the microwave to prevent starting a fire. Some foil has been specially designed for microwave use, but if you aren’t 100% sure, leave it out.

Plastics and polystyrene (foam) containers can melt at high heats. Melting plastics can give off toxins and unhealthy chemicals. At best they will make your food taste awful; at worst they might increase your chances of cancer. Use only microwave-safe cooking containers to avoid these pitfalls.

People with pacemakers and other electronic medical devices should stay away from old microwaves. The doors of older microwaves may not seal correctly and could let some of the electromagnetic waves escape. This can interfere with and damage sensitive medical devices.

All in all, microwaves are a safe, fast way to cook food and you shouldn’t be worried about having one in the house. Just be sure to choose healthy food and cook it in microwave-safe containers.
**Fact**
Using seat belts in buses reduces risk:
fatalities up to 44%
moderate to severe injuries up to 50%

Reducing injuries makes it easier to evacuate.

**Fact**
Students behave better in buses when they wear their seat belts.

10% of school bullying happens on the bus.

**Fact**
Seat belts protect riders during side-impact collisions and rollovers.

7 out of 10 bus incidents are not front-end collisions.
all choked up
Prevention

Young children put almost everything in their mouths, which makes the main goal of choking prevention to keep any small items that your child might choke on out of reach.

For little children, a battery and a pacifier can go in the mouth with equal ease. For a parent, the difference is huge. That’s why it’s important to be on the lookout for the small items that your child can grab.

“Regularly check the floor, the car, and other areas where your child crawls, walks, and plays for these dangerous mouthfuls. This may mean occasionally getting on all fours and checking at “baby level.”

For parents, it can seem like a never-ending challenge. What’s on the floor? What’s in that cabinet? Is there something loose on a toy? The search for all the small things that can go in a child’s mouth seems never-ending. And there’s a good reason for that — choking is one of the leading causes of accidental death for children under five.
The Cook County (Illinois, US) Medical Examiner’s Office showed that toy balloons are the most common cause of choking fatalities.

Other common choking hazards are:

- Baby powder
- Batteries
- Candies
- Coins
- Egg shells
- Grapes
- Hot dogs
- Marbles
- Nuts
- Pills
- Safety pins
- Seeds
Regularly check the floor, the car, and other areas where your child crawls, walks, and plays for these dangerous mouthfuls. This may mean occasionally getting on all fours and checking at “baby level.” Remember that if it's small enough to fit in a toilet paper tube, it's small enough to choke a child.

**What to do if a child is choking**

If you can see the object in the child's mouth, try to remove it by scooping or sweeping it out with a bent finger. Don’t poke, you could make things worse by pushing the object in farther. If the child is coughing loudly, you don’t need to do anything, just encourage them to keep coughing (and don’t leave).

**Be prepared**

The best start is to learn basic first aid for children and to make sure you have emergency phone numbers posted at home and programmed into your phone.

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**poll points - what's the second most effective safety feature in a car?**

We asked our readers this question in the 1st Quarter edition. The seatbelt is the most effective safety feature.

<table>
<thead>
<tr>
<th>Feature</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Air bags</td>
<td>45%</td>
</tr>
<tr>
<td>ABS brakes</td>
<td>29%</td>
</tr>
<tr>
<td>Safety glass</td>
<td>2%</td>
</tr>
<tr>
<td>Computer-guided braking</td>
<td>2%</td>
</tr>
<tr>
<td>Video-guided reverse</td>
<td>5%</td>
</tr>
<tr>
<td>Crumple zones</td>
<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>12%</td>
</tr>
</tbody>
</table>

Other

Our readers mentioned several features not on the list.

The top three most popular were:

- Tires
- Mirrors
- Child seats

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If you struggle to open new jars and worry about breaking them, use a teaspoon like a lever to open it easily and safely. Place the spoon under the edge of the jar lid and gently press down towards the jar, pulling the lid outwards. Stop when you hear the pop.
School is back in session and that means backpacks once again sit in the hall filled with homework, textbooks, and school supplies. Next to these bags sits mom’s purse, bursting with stuff. These bags are infamous for causing back pain, but that’s not their only danger.
In addition to back problems, overweight bags can unbalance you. Taking the stairs becomes more dangerous as you might knock someone else over and your chances of falling are increased. If you do fall, having a heavy backpack land on top of you is not going to feel good and could cause serious injury. If the bag gets left in the hall, it becomes a tripping hazard.

Judging when a bag is overweight can be difficult. When you pick it up, consider if you have to bend forward or sideways to carry it or if you start to notice arm numbness, neck pain, or pain in your shoulder or back. If you do, it’s probably overweight.

The most common problem with overweight bags is back pain. Bags carried over one shoulder can force you to twist or bend your spine in dangerous ways to balance the weight. Thin straps can reduce blood flow to arms or pinch nerves. Heavy bag wearers may have poor posture, rounded shoulders (where the shoulders always hunch forward), and compression of the spine which increases the chances of injury during other activities like sports.

To avoid this kind of pain and possible long-term back damage, purses should be used only to carry the most important items and be carried across the body to distribute the weight more evenly. Wide straps are a good choice, too. When you shop for a new bag, look for lightweight options with multiple compartments so you can spread out the weight better.

School backpacks should always be worn with both straps and high on the back. The heaviest items should always be placed closest to the back. If the bag is more than 10 to 15% of a child’s body weight, they should get a bag that can be rolled instead of carried.

Take care of your back. Never ignore complaints by children about back pain or numbness. Remember that fashions change, but your focus on staying safe and healthy shouldn’t.

**Panorama Poll**

How much extra stuff do you usually carry in your backpack or purse?

- 3-5 items
- 6-9 items
- 10-15 items
- 16-20 items
- More than 20 items extra
- I never carry extra items

Let us know. panorama@aramco.com

Subject: Poll

Please include your name

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**What’s the Stomach Strap for on a Backpacker’s Backpack?**

The stomach strap is used to help distribute the weight of the pack and keep it from moving and bumping around too much.
a buyer's guide to cookware

You stand in the kitchenware store staring at the wall of pans, trying to determine which one should come home with you. Famous chefs’ faces peer at you from their labels, but *Consumer Reports* tested those famous chef brands and were unimpressed with their quality. Price tag doesn’t ensure quality, either.
Before you make a choice, think about what you like to cook most. Do you need a big pot for pasta or an uncoated pan for meat? Do you cook food that is heavy in the pan? Do you want to be able to move a pan from the stove into the oven without making another dish dirty? Do you need a full set or just one or two important pieces? Once you’ve got an idea what you are shopping for it’s time to think about your choices.

**Pick it up**
Buying online is fast and convenient, but picking up a pan and seeing how it feels is important. If it’s heavy, it will be even heavier when you have food in it. This might cause you to drop the hot pan and burn yourself. Check that the handle is easy to grip and that the pan is balanced overall. Uneven pans can mean food burns on one side and isn’t fully cooked on the other and make handling the pan difficult, even dangerous.

**Handles**
Handles on most pans come in four types: tubular stainless steel, cast stainless steel, heat-resistant plastic, or silicone. Many metal handles make it possible for a pan to go from stove to oven, but can get hot and cause burns. Plastic handles don’t get as hot, but can’t handle high temperatures and can break. Silicone handles stay cool, are dishwasher safe, and can go in the oven up to certain temperatures.

Handles are welded, screwed, or riveted onto cookware. Riveted handles are the strongest. Some metal handles will be riveted and then covered in a silicone coating to provide strength and heat safety.

**Lids**
Both metal and glass lids can get hot to the touch and the guidelines about pan handles should be considered when
shopping for lids, too. Glass lids allow you to see what you’re cooking but can break if dropped or put directly into cold water. Look for a lid that can be used with more than one pan or pot in your kitchen for the best value and usefulness.

**Metal type**

Most pans are either aluminum or stainless steel with some type of coating applied to their surfaces. Nonstick pans are easy to clean, require less oil to cook with, but can become scratched, food doesn’t brown very well in them, and most can’t be used in the oven. Uncoated pans are good for browning meat, but are harder to clean. They are more likely to be safe for use in the oven. Be aware that aluminum pans can react with some acidic food like tomato sauce and some people have allergic reactions to copper pans and the foods cooked in them.

Whichever pan you choose for your home, remember to always have your pot holders nearby, even if you choose the silicone handle option. Bon appétit!

**induction cooktops**

If you have an induction cooktop, look for stainless steel pans. Bring a magnet to the store with you. If it sticks to the pan, it will work with an induction cooker.
Homes are like people. They can age gradually and almost imperceptibly. Then suddenly you realize that a familiar face has wrinkles and black hair has streaks of gray. Your home can also start to have some small signs of aging.

When a person and the home age together, it’s easy to miss the problems. But as a person ages, it is important to look at the house with a fresh set of eyes because for an older person to remain at home, it must be safe and in good shape.

Falls are the main reason that older people must move out of their homes, so it is always best to eliminate fall hazards. Begin by removing or securing all rugs and eliminating electrical or telephone cords from traffic areas. Remove unnecessary furniture from rooms to make moving around easier.

Most falls happen on stairs. Nonslip stair treads and sturdy handrails on both sides of the stairs will help prevent falls. Make sure that there is good lighting with switches at the top and bottom of the stairs, and add a brightly colored strip of tape along the edge of each step to make them more visible. Consider moving the bedroom to the ground floor.

Diminishing vision is another cause of problems. Make sure there are bright, nonglare bulbs in the light fixtures. Leave a light on in the bathroom at night and illuminate work areas.

Make the bathroom safer with some simple additions, such as securely installed grab bars next to the bath or shower and at the sides of the toilet. Nonskid decals are available to put on the bottom of a tub or shower. A nonskid, textured bathmat, that has a different feel than the floor or tub can help people with vision loss. Use door locks that can be opened from both sides.

As with older people, older homes can be places of comfort and safety, as long as they’re given a little attention and care.
check the house:

- Mark cold and hot faucets clearly. Avoid scalds by setting the water heater to 49 °C (120 °F) or below.
- Mark “on” and “off” positions on appliances clearly and with bright colors.
- Store sharp knives in a rack.
- Use a kettle with an automatic shut-off.
- Store heavier objects at waist level.
safety star art

summer fun is safe

1. Fares, 7
2. Jood, 9
3. Karrar, 8

Fares, 7
Jood, 9
Karrar, 8

safety star art
draw a picture of “playing 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

summer fun is safe