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A young boy with dark hair, wearing a light blue short-sleeved shirt and dark blue jeans, is holding a black and white soccer ball. He is standing in front of a window, with his right hand resting on the window frame. The background is a bright, slightly blurred outdoor scene with greenery.

beat the heat

cool down to stay healthy

good posture

position yourself for life

hitting the trail

hike with confidence

panorama

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on the cover

Ryan, age 5

Panorama is proud to feature Saudi Aramco employees and their families in the magazine.

This edition's models are the children of a member of O&BS.

أرامكو السعودية
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beat the heat





The human body functions at a temperature of about 37 °C (98.6 °F) but can change depending on a number of factors, such as level of physical activity and state of health. The body's ability to maintain a constant, healthy temperature is known as thermoregulation, and a key part of this process is being able to cool down effectively.

Our bodies cool down in two ways: by sweating and by heat radiating from our skin. This cooling system does have limitations and in hot and humid conditions it can fail to keep a body at an optimum temperature. A buildup of heat can cause illnesses such as heat cramps, heat exhaustion, and even heat stroke, which can be fatal.

It is important to be aware of the signs of heat illnesses and to know how to respond to them, but it is equally important to prevent them from happening.

When outdoors always drink enough water before and during any physical activity in hot weather. Even if you don't feel thirsty, your body needs fluids to sweat and cool you down. Wear light-colored, loose fitting clothing and a hat when outdoors and remember to limit any physical activity during the heat of the day, and head outdoors at cooler times in the early morning or evening.

Sweating is part of being active – whether it is working, running, football, cycling, or just playing in the park – and it is easy to become so focused on a game or activity that you fail to take proper precautions against the heat.

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Being active when temperatures and humidity are high is particularly hazardous. As humidity rises, the higher levels of moisture in the air make sweating less effective at cooling the skin.

We need to replenish the liquids lost through sweating. Staying hydrated is an essential part of keeping cool. This allows the body's cooling mechanism to keep working at an optimum level.

Recognizing each of the types of heat illness, and what to do in case of someone suffering from them, is important for anyone living in a hot climate.

Heat cramps

Heat cramps are brief, painful muscle cramps in the legs, arms, or abdomen that can occur during or after vigorous exercise in extreme heat. Sweating causes the body to lose salts and fluids, and this causes muscles to cramp.

Heat cramps on their own are not too serious, but can be the first sign of a more serious heat illness and must be treated immediately. If a person is suffering from heat

cramps, give them plenty of water, and have them rest in a cool, shaded area. Gently massaging the cramped muscles can also help reduce discomfort.

Heat exhaustion

This is a more severe heat illness that results from not drinking enough fluids. Symptoms can include heavy sweating, intense thirst, cool and moist skin, dizziness, headache, and fainting.

If someone is suffering from heat exhaustion, take them to a cool shaded area while you call for medical assistance. Loosen their clothing and remove any excess clothing. Encourage them to drink water or sports drinks with electrolytes. Victims of heat exhaustion may be confused or have a lack of coordination and should not be expected to take care of themselves.

If left untreated, heat exhaustion can develop into heatstroke, which can be fatal.

Heatstroke

Heatstroke is the most severe heat illness and is a life-threatening medical emergency that requires prompt treatment to bring the body's temperature under control. Victims often collapse, which can be misinterpreted as fainting, so first responders need to be able to identify the symptoms and provide the correct care.

Overdressing and extreme physical activity in hot conditions can increase the risk of heatstroke. Symptoms include severe headache, weakness, dizziness, confusion, nausea, rapid breathing and heartbeat, and loss of consciousness.

Heatstroke can easily occur when a child is left in a car on a hot day. An outside temperature of 34 °C (93 °F) can quickly reach 52 °C (125 °F) inside a car, raising a body's temperature to dangerous levels.

If you suspect someone is suffering from heatstroke you should immediately call for medical assistance. While waiting for help, move the person to a cool, shaded area, and sponge or douse the person with cool, but not cold, water.

Being active outdoors is an important part of a healthy lifestyle but being exposed to too much heat can be dangerous. Understanding the effects of heat on the body, and staying hydrated will help to prevent the onset of heat illnesses, while recognizing the signs of heat illnesses and how to treat them could save a life. ■

staying hydrated – there's an app for that

The health benefits of drinking water go far beyond staying hydrated. The benefits include maximizing physical performance, promoting weight loss, improving brain function, and preventing headaches. But how much water is ideal? How often and in what quantities should you drink water? Do other drinks, such as flavored drinks or hot beverages contribute to hydration?

Factors that play a part in determining how much water is ideal for you include your height, weight, age, and level of activity. Even gender is a factor. Temperature and humidity levels can also affect how much liquid is lost.

An easy way to track how much you need is with a hydration app. This can track everything from a bottle of water to a cup of coffee as part of your hydration efforts. There are a number of tracking apps with some allowing you to choose from real pictures of containers to accurately track your hydration levels. You can also set hydration goals to use a formula to set a recommended daily intake, and track your water balance. ■

floating towards fitness



Staying fit while facing mobility challenges can be difficult. Water aerobics is a good option to solve these problems, or to just maintain daily health no matter what your personal situation. Head to the local pool and use water resistance to your advantage. Unlike lifting weights at the gym, water provides resistance without placing stress on weight-bearing joints. The threat of falling is also removed when floating.

In most pools, the water's buoyancy can suspend up to 90% of your weight, making it a good place to stretch and exercise if you have joint problems, back

issues, or other injuries. A study in *Applied Nursing Research* found that regular water exercise helped people decrease joint pain. It's also a good way to lose weight and improve cholesterol levels. Pregnant women may find it helps to reduce back pain, and allows them to stay fit.

A good routine should include a warmup, an aerobic and muscle-conditioning routine, and then a cooldown that includes flexibility exercises. Once you've started you can increase the intensity of your workout using paddles or small weights. Be sure to take a break to drink water while you exercise. ■

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finding comfort in economy

Arriving at your destination after a flight is always a good feeling. But taking to the air in economy class is becoming more and more frustrating with increased baggage fees, less leg room, and fewer comforts being offered. “Things have gotten much worse in the back of the plane in terms of comfort,” says Emily McNutt, travel editor at *The Points Guy*, a travel service website.

Just because airlines don't seem interested in improving your comfort doesn't mean you can't make your time in economy more pleasant without spending more for costly upgrades. In fact, your first choice for comfort might be simpler than you think. Pick a modern plane to get more cabin comforts. This can allow for a higher cabin pressure, which means less air sickness or respiratory distress, according to George Hobic, founder of AirfareWatchdog.com, who recommends flying with the Boeing 787, Airbus A350, or larger.

On any flight you can avoid being woken from your nap by wearing your seatbelt over your blanket, so the cabin crew won't have to wake you during their checks. The crew is there to keep you safe, and will do what they need to do to ensure everyone gets to their destination safely, and as comfortably as possible.

If a flight is going to have a meal service, check to see if there are any stickers you can put on your seat to alert the cabin crew that you'd like to be left alone or woken up for a meal. Use hand sanitizer or the provided wet wipes before eating to reduce your chances of illness.

Bring a neck pillow and a quality eye mask to make sleeping in your seat more comfortable. Eye masks that are press formed to curve away from your eyes, rather than resting right against your eyelids and lashes can be more comfortable to wear and help improve your rest.

Choose your seat

Seat selection can be an art. When selecting your seat keep in mind how long the flight will be and what comforts you consider most important. People seated by a window have been shown to get fewer illnesses from other passengers, says Vicki Hertzberg, a biostatistician at Emory University who co-lead research with scientists at The Boeing Co. on this issue. Reasons for window seat passengers getting fewer illnesses include leaving their seats less frequently, not touching potentially contaminated door handles and toilet facilities, and being seated further from the aisle where sick passengers may pass.

Aisle seat passengers with long legs may not fit into the window seat space comfortably, and aisle seats allow you to easily get up and move about the cabin. This can be very important if you need to visit the bathroom frequently, or are concerned about deep vein thrombosis (DVT), a medical condition that has the potential for serious health consequences. Long periods of immobility increases the risk of DVT, so being able to get up and move around can be critical. Bulkhead seats offer more leg room, but limited storage space, and are often occupied by families traveling with small children. Emergency exit rows also offer more leg room, but no one under 18 years is allowed to sit there. Some airlines have started charging extra for these seats, but it doesn't hurt to ask at check-in if they're available.

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After selecting your seat, consider your comfort. A few airlines have been opting for cheaper seats with less padding. You can bring your own cushion to sit on, and it's a good idea, especially if you're flying a long distance. Elevating your feet on a book or your bag helps relieve pressure on your lower back and spines and can make you more comfortable for a long haul, even if the leg room is cramped.

Hydrate

No matter what plane you're in, the air will be dry. This is the reason for regular drink cart visits down the aisle. Flight dehydration is a problem, so have a bottle of water on hand. If you have a short flight, consider carrying an empty bottle through security and filling it at the water fountain before boarding the plane. Airports sell most items at inflated prices and some airlines charge you for drinks, so bringing your own bottle will protect your wallet.

Wearing a dust or medical mask is another good choice. As you breathe you lose moisture, and if you've ever woken up with a dry mouth or a sore throat on a flight, this is why. Wearing a mask helps keep the air around your face at the right humidity level – reducing your chances of dehydration and sore throat. It also helps you avoid getting “travel flu” from the people coughing and sneezing around you. Their germs circulate around the cabin by the sealed air system.

Sound of silence

The stereotype of sitting behind a screaming child exists for a reason, but it's much less of a problem for your hearing and energy levels than the sound of the plane itself. During takeoff, commercial jets usually produce 100 to 120 dB, roughly equivalent to being in the front row of a rock concert, while during flight the average is 80 to 85 dB,

roughly equivalent to standing near a garbage disposal. Everywhere on the plane is loud, but behind the engines is the loudest area of the plane.

This level of noise for lengthy flights can damage your hearing and cause physical exhaustion. Reduce your stress and save your energy by wearing soft-foam ear plugs or noise cancelling headphones. Some people also claim that soft foam plugs, when used correctly, can help relieve the ear pain caused by pressure changes during takeoff and landing.

Parents traveling with small children should consider giving kids something to suck or chew on, or encourage yawning during takeoff and landing. The pressure on the ear drum created during these times can be painful, resulting in tears. By moving the jaw, the pressure can be relieved and the pain reduced. Avoid holding your nose and blowing out as this can damage your ear drum.

Join the team

Most airlines are part of an airline alliance. Miles earned from one partner airline can be redeemed at any of the alliance airlines. Become a member of the program of the airline you travel with most frequently. Memberships are usually free and simply being a member can result in free upgrades when flights are full, and free baggage allowances. Plus, if a flight is fully booked, frequent fliers are the last to get bumped from their seat.

Flying economy is always going to be a trade-off between comfort and price, but that doesn't mean you can't improve the situation. Simple solutions can make those long hours easier to face the next time you head for the sky. ■





on-the-ground comforts

Nothing gets you a free upgrade or improved service like a smile and a polite request at the check-in counter. Here are some other ways to make your time on the ground more pleasant.

- Avoid the currency exchange kiosk at the airport. Their commissions and rates are usually higher than those outside the airport.
- Check into a pay-for-use travel lounge if you have several hours to wait. Some mobile apps will even help you find lounges and offer you a discount.
- Brush up. Washing your face, brushing your teeth and hair, and changing your clothes will make you feel less tired and ready to face another stretch in the air.
- Avoid competing with business travelers who fly early Monday morning, and Thursday and Friday evenings.
- Use your bank card and charge to the local currency when buying things on credit. Your bank will probably give you a better exchange rate than the shop.



Rose, 5

freeze identity theft

The last thing a child should have is unpaid credit card debt, failed car loans, or utility bills. Yet, many young people planning to get their first apartment or applying for their first job, find that they have these exact issues.

Identity thieves think of children as the perfect target. They have clean credit histories and it may be years before anyone notices something is wrong. The youngest reported case of identity theft in the U.S. was a one-month old baby.

The impact of identity theft might not be felt until the victim is a teenager. Scholarships may be denied, potential employers may refuse to hire a candidate if a background check reveals unpaid bills or loans, and even criminal records can be connected to a victim. Children aren't the only high-risk targets of identity thieves. Elderly members of the community and people living abroad are also prime targets as they are infrequent users of credit, and likely to have good ratings.

The only way to know if a credit history is safe is to check. Parents can request credit reports for their children and take action if needed, and adults can do the same. Many credit reporting agencies will also allow a parent or individual to place additional security on an account. Some offer this service for free, while others charge a fee to implement this level of protection. Different countries have different policies to help protect individuals, but many credit agencies have a credit freezing policy, or offer an increased level of identity check to be set on the credit account.

A freeze prevents any new accounts being opened under an identity until a "thaw" is applied for by the individual or guardian. Credit freezes are, "the single most effective step you can take to prevent identity theft," says Chi Chi Wu, staff attorney at the National Consumer Law Center in the U.S., who encourages anyone who doesn't need immediate access to credit to consider this option.

Credit lines that are already available are not affected by a freeze, so an active credit card won't be closed if it is applied. They also don't affect credit scores, and can be lifted for short periods of time at the request of the individual. This and other protections can't prevent all identity theft, but they can stop some of the larger financial problems a victim could face.

Some credit agencies will leave a freeze in place until an individual or parent requests it be lifted, others set a specific time limit. Check with the credit agency to learn how long it will last, and if there are any fees charged for lifting it.

Making use of a credit freeze can be a good financial move to ensure a good credit history isn't compromised. Protect yourself and your family against identity theft before it has a chance to do harm. ■

the importance of
good posture



Developing and maintaining good posture from a young age is important. As with most things, instilling good habits early will help later on in life, and with most office jobs involving long periods of sitting, it is important to focus on good posture habits early on.

Posture is the manner and position in which you hold your head, neck, back, and spine when standing, sitting, or lying down. It can be influenced by a number of factors including activity levels, height and weight, furniture design, and even self-confidence.

Back support

Good posture is when your back has the least amount of strain placed on it by keeping your bones and joints aligned, and allowing muscles to be used properly. It occurs naturally when the strength of the upper body's muscles are balanced.

The good news is that good posture is easy to teach and can be learned at any age. It comes from being aware of body alignment, and taking part in daily exercise such as riding a bike, running, and playing sports.

When you see poor posture it's easy to assume that someone is simply forgetting to sit correctly, but it's important to realize there could be other reasons. It could be a case of scoliosis (curvature of the spine), or a person who constantly slumps with a head lowered might be suffering from mental health issues.

According to a recent study conducted by the University of Auckland, individuals with mild to moderate depression who were asked to sit upright reduced their fatigue and increased their enthusiasm over a short time, compared to individuals who sat in their usual posture.

Effects of posture

The effects of poor posture can be significant. Neck and lower back strain, and carpal tunnel syndrome are common concerns that can lead to long-term issues that are difficult to correct.

When limbs and bones are pressed together for long periods it can cause long-term physical pain. The root cause of many back issues can be traced to poor sitting styles and posture, and these can lead to spinal weaknesses later in life.

When you are sitting, try to keep your back straight with feet flat on the floor. If you're working at a computer, you shouldn't have to lean forward. Move the chair close to the keyboard so that your arms can rest on the chair or desk, while keeping your shoulders relaxed. Long periods of sitting can also negatively affect posture, so be sure to step away from the computer or desk and walk around every 30 minutes to allow your body to relax. If you have children, encourage them to build these habits too.

Bad posture can even slow down your ability to learn. To ensure this doesn't happen, avoid slouching as this squeezes the diaphragm, which restricts oxygen flow to the brain. A lack of oxygen can cause sluggish thinking and mental exhaustion – all of which can be avoided with good posture.

Practice good habits

When it comes to learning good posture techniques – the earlier the better, but practicing throughout life is important. For children, use a mirror to show them what good posture looks like. Have them stand and view themselves from the side on in the mirror to see what good posture looks like.

Help yourself and your child achieve better posture without constant reminders. Try to make sitting and standing fun. Aside from daily exercise activities, watch TV or play computer games while sitting on a stability ball, which helps to strengthen core muscles. Keep backpack loads limited to no more than 10 percent of the body weight of the carrier, and always use both straps to evenly distribute the weight being carried.

Your posture will affect your health today, and in the future. With a little bit of awareness and some fun ideas, you can enjoy the benefits of good posture for years to come. ■

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lose the lint

Clothes dryers tumble your jeans and shirts into soft, warm, wearable clean clothes. Keeping your machine free of lint will help it run well for many years, and help prevent a dryer fire.

Lint – the small bits of fluff, hair, and pet fur that comes off of clothes – builds up in the lint trap and exhaust vent, and can prevent hot air from leaving the dryer. This will leave your clothes damp, and can lead to fires as hot air has no way to escape.

The first line of defense against dryer danger is the lint trap. This removable screen is critical in preventing your clean clothes coming out covered in lint. It is the first thing you should check every time you do a load of laundry. Pull the trap out, remove any lint, and then replace it before running a new load.

Check the back of your machine. If you have an accordion-style plastic or foil air duct you should consider replacing it. These ducts are dangerous because they can sag, and the ridges can trap lint, making a build-up more likely. Instead, use flexible or rigid metal ducts and choose the shortest length possible.

If you notice your dryer taking longer than normal to dry, there may be a blockage. Disconnect the power, pull the machine out, and thoroughly clean the lint trap and dryer

vents. While it's accessible, clean the area behind the dryer since lint also collects there. Check outside to make sure nothing has blocked the dryer vent exhaust.

Making sure your clothes are soft and static free is important. Fabric softeners added during the wash cycle can help, but dryer sheets are the best choice when wanting to reduce static. However, these sheets are flammable and as they break down and mix with regular fabric lint they can increase the chances of a dryer fire. Many people are turning to alternatives, such as static balls and felted dryer balls, for softer fabrics without this increased risk.

Clothing stained by flammable chemicals like gasoline, cooking oil, and cleaning products should be washed at least twice, before being hung up to dry. Work clothes may have special washing and drying instructions, so be sure to check the care instructions before washing. If you need to use the dryer make sure it's set to the lowest or no-heat setting, and keep a close eye on it. Never leave your dryer running if you aren't around to keep an eye on it.

If you take care of your machine by cleaning lint out regularly, it should provide you with years of faithful service and fluffy towels. ■

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hitting the trail

Every year, millions of people welcome the beautiful weather by dusting off their hiking boots and exploring nature's lush woods, formidable mountains, and vast deserts. Hiking is a popular outdoor activity, and it's easy to see why. It's a fun and affordable outing for families or friends, and a great way to exercise while enjoying the nature around you.

But being in the wilderness, far from shelter, food, and water, has its risks. Whether you're a first time hiker or a seasoned veteran, proper planning and preparation is vital. Being prepared and knowing what to expect can save you a lot of trouble, and may save your life.

Research your trail

All hiking trails offer unique challenges. They vary in distance, landscape, climate, and surroundings. Plan your hike by researching the route and reading about other people's experiences. Know the rules and regulations of the trail, and be aware of the local wildlife and plants. Research the trail on websites such as www.traillink.com, which offer reviews and information about terrain, location, length, and level of difficulty.

Hiking involves a lot of walking, usually at an incline, often while carrying a heavy backpack, in a potentially harsh environment. If you're new to hiking or have doubts about what distance and difficulty levels are suitable for you, start with short, easy hikes and work your way up. The longer the distance or more difficult the terrain, the greater the risk of getting lost or suffering from dehydration, sunburn, hypothermia, or injury.

Dress appropriately

Check the weather forecast before you leave, and dress accordingly. Layers are your best friend as temperatures may vary with changes in elevation or time of day, and your body temperature will rise with the physical exertion.

If you get lost while hiking,
follow the STOP rule:

- > Stop as soon as you realize you're lost.
- > Think about the last place you were certain of your location, and try to locate it on your map.
- > Observe your surroundings for any familiar landmarks and see if you can find them on the map.
- > Plan before you move, and only move if you're sure you can safely return to the trail.

Moisture-wicking fabric preserves your body temperature in all kinds of weather, so it's perfect as a base layer. Outer layers should be both insulating and wind and water proof.

Depending on the distance, terrain, and forecast, you might need hiking boots. These boots should be sturdy to protect your feet and ankles from injury, and have soles with good traction to prevent slipping. Make sure your shoes are not too tight or too loose, and are durable and waterproof. Don't forget your sunglasses and hat.

Gear up

The most important thing to bring on any hike is water, and lots of it. Streams and lakes aren't always safe to drink from, so pack more water than you think you'll need. Other essentials include food (preferably high-energy bars), a first-aid kit, a paper map (GPS might not always work and you could run out of battery power), sunscreen (30 SPF or higher), a headlamp or flashlight (with extra batteries), and insect repellent. Other useful items include a compass, trekking poles, a pocket knife, a lighter or matches, an emergency blanket, and wet wipes.

The longer the hike, the heavier your backpack will be. Keep that in mind when judging if the trail meets your capabilities.

Buddy up

Always hike with others, and avoid splitting up. This is especially important if you're hiking with children or inexperienced hikers. It's very easy to get separated when everyone is going at their own pace. The group should agree on a meeting point, and match the speed of the slowest hiker. If it's your first time hiking, join experienced hikers who know the area and always stay on established trails.

If you do get lost, don't panic. This will only make the situation worse. Call or wait for help, and light a fire or use a flare or an emergency blanket as a distress signal to alert others to your location.

Before you leave, let someone know where you're going, who you're going with, and when you plan to come back. Let them know to call for help from emergency services if you're late and they cannot get in touch with you.

Hiking is a fun, healthy activity, but being underprepared and overly confident can be dangerous. You can enjoy all that nature has to offer by taking the necessary precautions and planning before you leave. ■

leave no trace

Hiking in the wilderness is a great way to exercise and enjoy nature. The old hiking saying is, "If you pack it in, you pack it out." Anything you carry with you should return with you, whether this is your tent or the plastic wrap around your cereal bar. Trash adds up and can threaten animals, the environment, other hikers, and spoil your next visit.





caught without a spare

The side of the road is no place to discover that you don't have a spare tire. Manufacturers of new vehicles are starting to leave the spare out, but not alerting customers. Often, they'll include a "fix-a-flat" spray kit, which can seal a small puncture, but does nothing if the tire has blown out.

Why would the manufacturer do this? It cuts down on the weight of the vehicle, which increases gas mileage, an increasing consideration for buyers these days. Since manufacturers may not change the price of the vehicle, you might pay for the spare, but not get it. Check before you buy. ■

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