

the arabian sun

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a weekly Saudi Aramco publication for employees

Our response to COVID-19

Read our story, see how we're ensuring the health and safety of our employees and contractors and ensuring the continuity of our energy supply across the world.



COVID-19:

the Kingdom's health is in your hands

For the latest news and updates on the company's activities and response to the Coronavirus, scan the QR.



Circular Carbon Economy in action

Aramco innovation: where the rubber meets the road

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Road-asphalting work on the North Jiddah Bulk Plant Expansion Project is watched closely to ensure quality. The road work was completed with the help of a new company initiative that transforms old tires into one of the main ingredients in the asphalt. (Photo: Ahmad El Itani/MPD)

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expert advice on observing Ramadan amid COVID-19

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HR Intelligent Solution Center a critical resource

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The new COVID-19 special edition of Aramco Insight

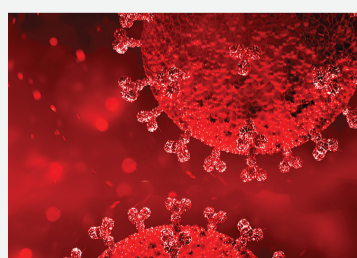
stay healthy, stay updated; we're here for you online

[JHAH.com/COVID-19](https://www.jhah.com/COVID-19)

Learn about MyChart Video Visit and telephone consultation at [jhah.com/video-visit](https://www.jhah.com/video-visit)



patients and visitors
what COVID-19 means for appointments, treatment, and JHAH services



key facts
learn about COVID-19 signs and symptoms, people most at risk, and more



useful resources
browse a collection of COVID-19 awareness materials, available in multiple languages



video visits
video visits and telephone consultations are now available at JHAH



#StaySafe
#StayHome

800-305-4444 | www.jhah.com

مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

keeping safe this Holy Month of Ramadan

Johns Hopkins Aramco Healthcare has some expert advice this Ramadan during the COVID-19 pandemic

This Ramadan will be unique, but as always, its focus is on reflection, worship, charitable acts, and family time. It may be challenging, but with modern technology and traditional kindness, we can all enjoy a special and truly memorable Holy Month.

We may need some additional knowledge and innovation for support to adhere with religious practices while keeping ourselves and our loved ones safe.

special considerations

People with diabetes, particularly those above the age of 60, are at higher risk to contract COVID-19 and more vulnerable for serious complications

"Diabetes can make you vulnerable to infections, both viral and bacterial, as the immune system is compromised," said Dr. Suhail Abushallaih, JHAH endocrinologist. "Maintaining blood sugar levels in normal range is important for the immune system to be strong enough to fight off infections such as COVID-19. So eat healthy food that has a low glycemic index, and conduct more frequent home glucose monitoring."

The elderly and people with chronic health conditions, compared to other healthy people, can find situations more stressful. This may be compounded by home isolation or the external stress of the pandemic.

Practical and emotional support is especially important at this time from family

members and loved ones. Giving simple, nondistressing, and honest information to the elderly and vulnerable people is important. Information may have to be repeated for the elderly. If they aren't a part of your household, call regularly or use digital technology to check in and support them with grocery shopping.

healthy hygiene

Good hygiene is always important, but even more so in times of a pandemic. Encourage healthy hygiene by:

- Taking the lead, and make sure everyone in your household knows the proper handwashing technique, which is to frequently wash your hands with soap and water for at least 40 to 60 seconds, or to sanitize your hands with alcohol-based hand rub for 20 to 30 seconds
- Ensuring handwashing facilities have adequate soap and water, and provide alcohol-based hand sanitizer
- Provide closed bins for the disposal of tissues
- Limiting the use of contact lenses during this time; the COVID-19 infection can be contracted when you touch or rub your eyes
- Making the act of not touching your face a competition for children. Give your child a reward for not touching their face.

physical distancing is critical

Know the key rules of physical distancing.

Make sure to:

- Maintain a distance of 1 to 1.5 meters from other people
- Change the way you normally greet people. The way we greet our friends and colleagues brings us closer together, but in the current situation, their safety should be your priority. The close personal contact of a handshake can easily spread infection. Use culturally appropriate greetings that avoid physical contact, such as waving, nodding, or placing a hand over one's heart.
- Avoid crowded places, such as shops, entertainment venues, and markets.

exercise and fasting

The acts of exercising and fasting take some balancing even when not in a pandemic. When exercising, consider the following:

- Exercising is essential for a healthier and longer life. Exercising makes you burn calories and strengthens your body.
- During Ramadan, you should avoid doing vigorous aerobic exercise during the day, because you will be losing water as you are fasting. However, you should maintain physical activity every day.
- It is a great time to try something new with an online class at home.

As you fast, consider these tips:

- Healthy people should be able to fast as in previous years, but if you have a medical condition consult with your doctor by phone.

• Fasting during Ramadan should not be a diet plan. During Ramadan, you should eat the amount of food you need to maintain your normal weight. However, if you are overweight, Ramadan offers an opportunity to start eating healthy and begin gradually losing some weight so you can reach a healthy weight during the month or after it.

Every day, we receive questions and come across information that we may want share in an effort to be helpful. Be sure that the information is accurate and not misleading.

The best way to do this is to use a trusted source, such as *JHAH.com*, which is designed to educate people. Websites for news outlets write their headlines to attract attention, and may increase alarm or confusion.

JHAH is here for you

If you don't require a hospital visit, but need medical advice, JHAH is here for you.

For Saudi Aramco employees and their dependents, for medical questions related to COVID-19, or questions about your health, our caring and expert doctors and nurses can help. The COVID-19 Care Line is open Sunday to Thursday, 9 a.m. to 3 p.m. (Ramadan hours) call 800-305-4444, option 3.

To speak to a clinician on the COVID-19 Care Line, press 1.

To speak to a nurse about your health, press 2.

Tips for a Healthy Ramadan



Make sure you get 7 to 9 hours of sleep on a daily basis



Avoid Smoking



Exercise Regularly



Consume healthy meals filled with vitamins and antioxidants



Avoid sweets and fast food



Eat light snacks like fat-free yogurt, fruits and nuts

moving from a linear to a **circular carbon economy**

Aramco innovation is where the rubber meets the road

Embracing the concept of a Circular Carbon Economy and the goals set forth in Saudi Arabia's Vision 2030, Saudi Aramco puts into action an innovation that transforms the waste produced by used tires to help build up roads.

Each year, approximately 20 million waste tires are generated Kingdomwide, bringing potential environmental and safety concerns. Meanwhile, only about 5% of these tires are currently being reused in some form.

A new concept introduced by Saudi Aramco is looking to transform these waste tires into a resource. The innovative concept is to turn crumb rubber from the tires into a form of asphalt — asphalt rubber (AR) for use in laying and maintaining roads. The innovation is one of several projects that come under the Corporate Green Energy Program led by the Environmental Protection Department (EPD).

Using recycled tires in asphalt pavement has significant environmental benefits, in addition to improved safety and reduced maintenance costs.

AR minimizes scrap tires, thereby reducing tire stockpiles that are breeding grounds for a variety of pests, such as mosquitoes and other insects. Moreover, tire stockpiles are a prime component of illegal dumping and a source of air pollution when burned.

Adopting the principles of a Circular Carbon Economy, where carbon or its emissions are reduced, reused, recycled, and removed, EPD recently teamed up with the Consulting Services Department (CSD), the Western Region Distribution Department, the Distribution and Terminal Projects Department, and the Transportation and Equipment Services Department to complete a pilot project using the AR pavement at the North Jiddah Bulk Plant Expansion Project.

The section for the pilot was 160 meters long, 5 meters wide, and 7 centimeters thick, and included AR pavement with a rubber content, which was increased from the standard of 10% of the total asphalt weight to 20%.

The AR mixture was produced using an innovative "modified dry mix method" that had never been tried on a large-scale production previously. This method allowed the team to eliminate the process of pre-blending and conveying the asphalt and rubber, as the crumb rubber was added directly into the hot mix asphalt plant. The piloted section will be monitored throughout the summer to ensure performance and durability under extreme weather conditions. Once approved, the new method will be included in Saudi Aramco standards with subsequent out-



A new concept introduced by Saudi Aramco is looking to transform waste tires into a resource. The innovative concept is to turn crumb rubber from the tires into a form of asphalt used in laying and maintaining roads, such as the road construction project at the North Jiddah Bulk Plant Expansion Project. (Photo: Ahmad El Itani/MPD)



Using recycled tires in asphalt pavement has significant environmental benefits, in addition to improved safety and reduced maintenance costs.

reach to the national stakeholders for Kingdomwide implementation.

technology unlocks a remarkable recycled product

AR is a special type of asphaltic paving material in which more than 15% of the binder content is crumb rubber from recycled waste tires.

From a pavement engineering point of view, AR offers mechanical properties that are superior to conventional asphalts. As an example, AR has better resistance to permanent deformation — yes, those annoying depressions in the wheel paths commonly seen in the truck traveling lanes. It has greater resistance to oxidation, meaning less cracking of roads. Also, AR pavements help to reduce the noise produced by traveling vehicles, and has a blacker, shinier look.

Producing AR has its own challenges, as the high content of crumb rubber makes the binder much more viscous than conventional bitumen. This makes it hard to handle with the equipment available in the Kingdom.

To overcome this, Saudi Aramco engineers researched and successfully developed an innovative method to produce the mix without major investments. The resulting pavement is expected to have a longer lasting service life with noticeable improvement in sustained quality.

an up close and personal look at the AR pavement innovation

Mohammed Rayes of the Western Region Distribution Department, and a member of the team that implemented the AR pavement at the North Jiddah Bulk Plant Expansion Project, shared his personal story about the remarkable innovation:

"Delivering a successful project that is being implemented for the first time in Saudi Aramco was a truly unique endeavor. I was able to work with a strong technical team to complete the deployment of AR pavement technology using a distinctive process that was deployed for the first time in Saudi Arabia.

"During my assignment with CSD, I started by researching the economic and technical aspects of the challenge to discover the key values and any possible obstacles of deploying a new process, which is adding a high content of crumb rubber in the binder (about 20%).

"I worked to address all challenges of implementing this technology, such as the limited local market demand for used tires and developing a new mixing process. Personally, the effort proved rewarding as

I enhanced my research skills in identifying problems and developing lists of alternative solutions for technical challenges.

"One of the main solutions we identified was the dry process for the asphalt mixing, which allowed us to avoid pumping issues faced with the wet process. While I was working on the feasibility study of the AR technology, I noticed vast opportunities to encourage recycling across the Kingdom."

collaboration, teamwork and communication

Nabil Hijazi, the EPD project leader for the AR pavement initiative, commented that essential ingredients for innovation; namely collaboration, teamwork and communication, characterized the initiative from day one. These are the hallmarks of our company, and truly facilitated the successful execution of the pilot.

Hijazi elaborated that the pilot project using crumb rubber for road construction at the North Jiddah Bulk Plant Expansion Project provides an opportunity to employ a sustainable construction method in alignment with Sustainable Development Goal (SDG) 12 "Responsible Consumption and Production." The 17 SDGs, also known as the Global Goals, were adopted by all United Nations member states in 2015 as a universal call to action to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity by 2030.



Primary Care telephone visits — another telehealth option



To maintain our continuity of quality care, and support health and well-being during the current COVID-19 physical distancing precautions, Johns Hopkins Aramco Healthcare (JHAH) is happy to announce a new telehealth option. JHAH Primary Care is now accessible by telephone visit.

To request a telephone visit, call 800-305-4444, and select option 1 (during working hours), or schedule an appointment using MyChart.

Primary Care telephone visits are a great fit for:

- Adult and pediatric patients *
- New concern, follow-up, or medication refill appointments.

Should you require specialist treatment, we will coordinate your care with JHAH's specialized services at (<https://www.jhah.com/en/care-services/specialty-care>). Your care team's expert knowledge and long-term understanding of your medical history and background mean you can be treated more effectively.

What do I do to get ready for a telephone visit?

- Have a fully charged mobile phone or landline with reception
- Make sure the contact information JHAH has on file is correct and up to date
- Have your national ID or Iqama on hand to verify your identity over the phone.

How do I begin my telephone visit?

- At the time of your appointment, you will receive a call from JHAH.

Please note that if you do not respond to the call within your scheduled time, you will not be seen, as the doctor is scheduled with other patients. Appoint-

ments may be canceled one hour before the appointment through MyChart, or by calling 800-305-4444, option 1, during working hours, or by logging in to MyChart.

If you need help with your telephone visit, contact JHAH at 800-305-4444, option 1.

If you have a customer service concern, please contact Patient Relations at (<https://www.jhah.com/en/patient-relations-form>), or call 800-305-4444, option 6.

if you don't require a visit but need medical advice

For medical questions related to COVID-19, or questions about your health, our caring and expert doctors and nurses can help. The Care Line is open Sunday to Thursday, 9 a.m. to 3 p.m., (Ramadan hours). Call 800-305-4444, option 3.

To speak to a clinician on the COVID-19 Care Line, press 1. To speak to a nurse about your health, press 2. If you would like to communicate with your health care team, you can use MyChart to message them.

* JHAH policy requires a parent/guardian to be present during a telephone visit for patients younger than 18 years of age. Telephone visits are available for Pediatric patients.

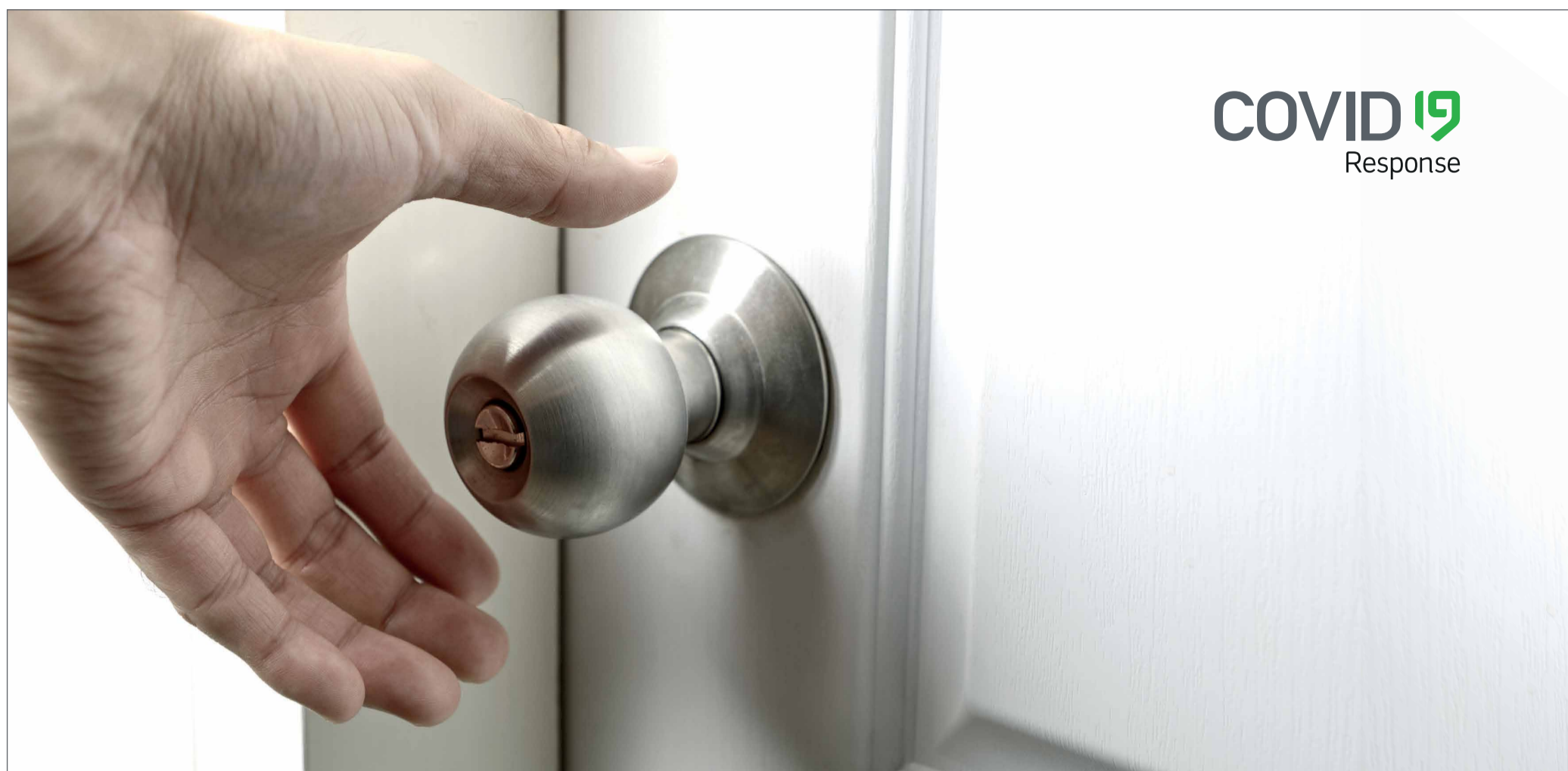
Pediatric Age Brackets	Location
12 years and below	Dhahran
14 years and below	Al-Hasa and 'Udhailiyah
6 years and below	Abqaiq and Ras Tanura

9 a.m.

what you do
in between
matters

5 p.m.

How you protect yourself affects how you protect everyone else.



before you go out, keep this in mind

With the partial curfew lifting and establishments reopening, we have new freedoms to enjoy now until May 13, 2020.

Nothing else has changed.

It is critical to comply with physical distancing and hygiene guidelines. Remember that personal safety isn't just personal. It's a commitment to help protect ourselves, our families, and our communities.



Wear a **cloth face mask** in public.



Wash hands for 40-60 seconds. **Rub hands** with **sanitizer** for a minimum of 20-30 seconds.



Maintain a **safe distance** of **1.5 to 2 meters** from others.



Cover your cough or sneeze with your elbow or a tissue.

According to the Saudi Ministry of Health, a cloth mask should always be worn in public.*



- Make sure the mask fits securely against the sides of your face.
- Avoid touching the mask or your eyes, nose, and mouth.
- Before you remove your mask, wash your hands for 40-60 seconds or sanitize for 20-30 seconds.
- Machine wash your mask after each use.
- A disposable mask may be worn if a cloth mask is not available.

* Saudi Aramco encourages the use of a mask in areas where physical distance is limited, such as commissaries, conference rooms, and other close spaces.



Ithra launches new digital magazine *Ithraeyat* for its audiences

Dhahran — The King Abdulaziz Center for World Culture (Ithra) has announced the launch of its new digital magazine, *Ithraeyat*, a monthly publication exploring culture and art. Highlighting various cultural topics and featuring contributions and the creative work of Saudi talent, *Ithraeyat* joins Ithra's more than 30 digital offerings, including the recently launched digital platform Ithra Connect for the Center's online programs and activities.

Built on Ithra's mission to enrich, inspire and engage with audiences, the magazine will offer a platform delivering diverse takes on topical cultural discussions and narratives from the Kingdom, the region, and the world. The insight-driven Saudi inspired platform will spotlight cross-cultural discussions and can be easily accessed online.

Each issue of *Ithraeyat* will be based on a theme, featuring artwork on the cover by a Saudi guest artist and highlighting es-

tablished and aspiring artists from within the Kingdom and internationally.

delivering visionary content

Commenting on the launch of *Ithraeyat*, Rania Biltagi, Ithra's head of Communication and Partnerships, said: "This is an exciting endeavor we are proud to launch as part of our promise to deliver cultural enrichment, share knowledge, and promote creativity to our audiences. With the community at the center of everything we offer, we want to ensure people remain connected, engaged, and immersed in new formats, which is especially true during these trying times we are collectively experiencing."

She added, "*Ithraeyat* showcases Ithra's drive to continue to deliver visionary content and programs that connect the readers to the Saudi and global culture and art scene, while promoting aspiring artists and creators. Combining creativity and innova-

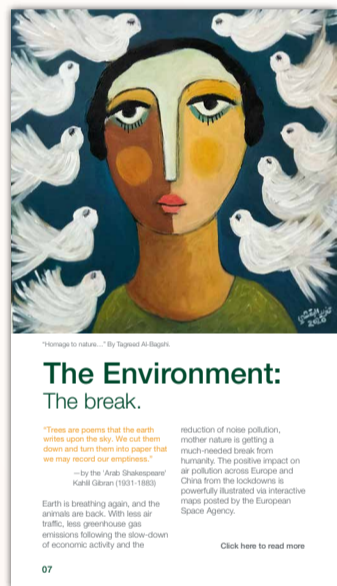
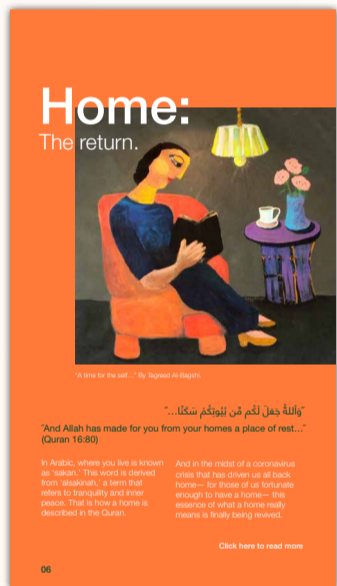
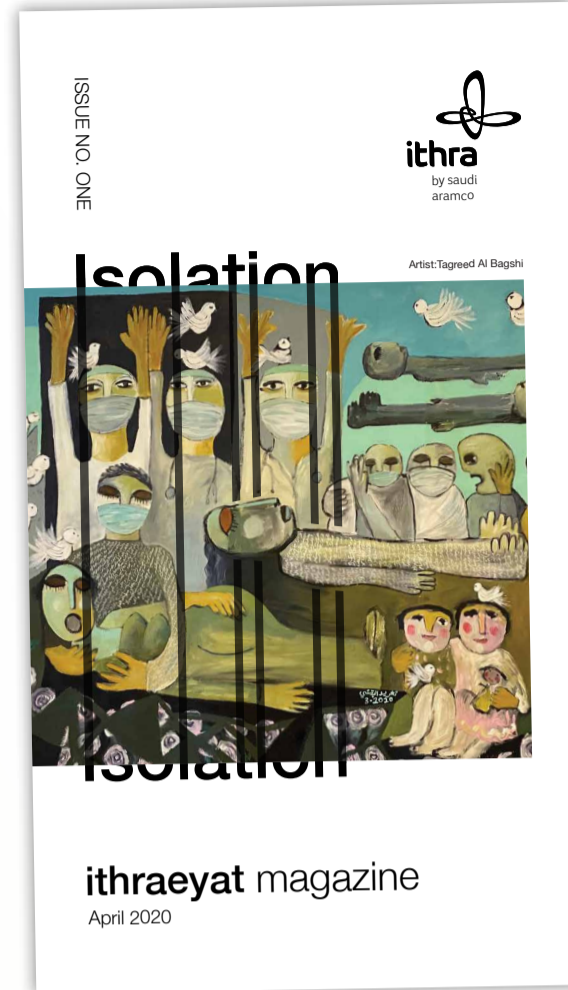
tions, the magazine was designed to be easily accessible to everyone online on a monthly basis.

"We remain committed to continue to bridge the distance and connect audiences with cultural and creative experiences as evidenced in our recently launched online platform, Ithra Connect," Biltagi added.

welcome to the trove

Ithraeyat originated from an idiosyncratic concept of welcoming you into a *makhzan*, an Arabic word meaning "a trove," of collectable stories. With a special focus on the unique attributes of the Kingdom and an expansive outlook on global cultures and art, *Ithraeyat* stores its findings and inspiring content within its pages, delivering a collection of cultural tales.

The first issue will focus on a sentimental moment in our current time: isolation. The cover will feature the work of Eastern Province born Saudi artist Tagreed Al Bagshi.



Ithra volunteers help combat COVID-19 impacts

by Sumaya Al Ismail

Dhahran — As the world faces the ongoing COVID-19 pandemic, the King Abdulaziz World Cultural Center (Ithra) continues to provide volunteer opportunities of importance to help meet the needs of society.

Ithra has provided approximately 120 volunteer hours daily through the actions of 35 volunteers, together contributing 15,000 food baskets, providing logistics of delivering the baskets, all while ensuring the visitors' safety through screening activities before they enter food supply centers — volunteers have provided a total of 387 hours within one week.

sustainable volunteer opportunities

Ithra looks to entice young men and women, as well as teams of people who are interested in volunteering by providing enriching volunteer opportunities that contribute not only to the well-being of others, but also to the volunteers themselves — building and developing personal skills, and providing an opportunity for information exchange, and practical experiences. Of course, it also offers the additional enrichment of providing an opportunity to help meet the needs of society.

Ithra's programs are specifically de-



Whether it's providing screening at the entrance, scheduling visitors to the supply centers, or helping curate the food stuffs that will be going to the needy, Ithra volunteers stand at the ready in assisting the campaign to alleviate the suffering COVID-19 has brought upon citizens.

signed to raise awareness and establish a culture of volunteerism throughout the Kingdom, enabling young people to feel empowered to initiate acts of charity and enrichment. The programs emphasize the importance of public participation to groups of all ages, educating the local community and the world at large about initiatives that are fueled by Saudi youth.

safety requirements

"The volunteer team works by visiting participating catering stores that are contributing to the food supply process. Baskets are then filled at the warehouse headquarters, after which Aramco and DHL are notified to deliver them to the names of the needy," said Dua Aljuaili.

She also noted that Ithra supported the effort by training the team about standard safety methods on how to prevent transmission of COVID-19 — the most important instructions for the various volunteers, while they performed their volunteer tasks.

facilitating appointments

Volunteer Saud Al-Hilal said the team faces no obstacles while doing its work, noting that they contribute by manning the phones at the call center, and scheduling visitor appointments to food supply centers by allocating each hour for 30 visitors. The team at the call center also receives orders through delivery applications that are then prepared, and handed to service providers to reach those in need as quickly as possible.

readiness of work

Volunteer Noura Al-Touyouur expressed her happiness with the volunteer work, stressing that volunteering is a gift. "Giving and happiness are two sides of the same coin," she said, adding that the volunteers have demonstrated a strong willingness to work hard and mutually shared a passion to support the Kingdom's efforts in combatting the COVID-19 pandemic and limiting its spread.

HR Intelligent Solution Center

driving business needs, an important COVID-19 resource

The onset of the global financial crisis in 2008 forever changed the role of the chief financial officer in companies from an information provider to a business influencer and driver.

In 2020, the COVID-19 pandemic is doing the same for the role of the chief human resources officer. In companies and countries around the world, leaders have come to rely on vital human data to make rapid and necessary decisions in this crisis.

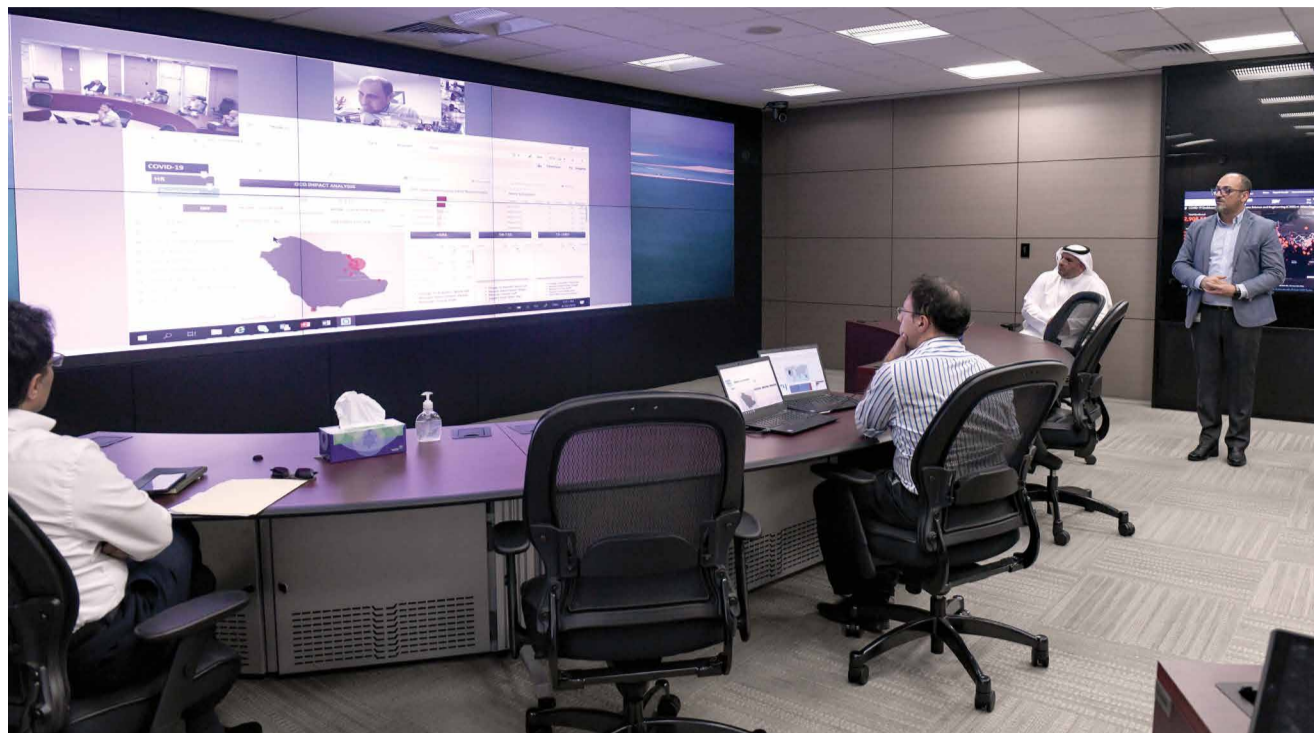
center provides insights, planning, benchmarking, and more

In response to the corporate need for a more robust human data center, Aramco developed the HR Intelligent Solutions Center (HRISC). The HRISC acts as a one-stop shop for all workforce-related measures, providing real-time workforce insights with scenario planning, benchmarking, and an ability to provide multiple data views, from the corporate down to the division level.

The goal of the HRISC is to provide a holistic overview of the organization, covering the internal and external supply and demand of the workforce to support evidence-based decision making processes for leadership.

"As we move deeper into the Fourth Industrial Revolution, the function of HR is visibly evolving from a service provider to a crucial business driver. One of the clear opportunities of the COVID-19 crisis is to emphasize how important our people are to the business," said Nabil K. Al-Dabal, vice president of Human Resources. "The HRISC is just one step of many that we are implementing to achieve our vision of being the best place to work in every market we serve."

The HRISC features a number of technologies to drive performance. Upon en-



The HR Intelligent Solutions Center is a one-stop shop for all workforce-related measures, providing real-time workforce insights with scenario planning, benchmarking, and an ability to provide multiple data views.

tering the room, users are greeted with 10 70-inch screens that cover the front wall. These massive displays allow for real-time data display and manipulations which can be easily read and referenced by large teams at one time. They also have the latest and most advanced videoconferencing capability to digitally engage with local and global offices, joint ventures, and subsidiaries.

On either side of the HRISC, there are two interactive, touch-capacitive displays to allow scenario testing by users. And all of this visual power is underpinned by an array of super computers that have been specially optimized and configured to handle large databases and the massive computing needs of a global multinational company such as Aramco.

a critical aid during COVID-19 pandemic

The capabilities offered by the HRISC were recently proven in action during the planning and response efforts for COVID-19. HR was able to track and monitor employees who are being impacted by this pandemic, including employees in different curfew locations, out-of-Kingdom employees and students, and employees working from home. In addition, the center displayed potential lockdown scenarios, their business implications and recommended mitigations, as well as other predictive models. These provided valuable insights for leaders to proactively capitalize on the information and ensure business continuity.

In response to this new function, the HRISC was recognized and commended by COVID-19 Committee members, Corporate Emergency Management and Continuity, members of Upstream and Downstream, and Training and Development.

"The HRISC is a major step forward for our division, and really allows leaders to 'see behind the curtain' on our work," said Faisal Al Othman, administrator of Workforce Optimization, Planning and Analytics. "Understanding the shape of the organization and the manpower movements into, through, and out of the organization can immediately improve performance."

The HRISC team looks forward to welcoming Aramco's leaders and decision makers to learn more about their work at <https://hr.aramco.com.sa/ocd/>.

artificial intelligence leads remote inspection at Aramco Asia during pandemic

Yousef A. Rayes and Young il Kim from Aramco Asia Engineering and Technical Services conduct a remote assessment from the Aramco Asia-Korea office.



In-line with Saudi Aramco's Digital Transformation strategy to lead the industry in the innovation of Fourth Industrial Revolution technologies and to adopt a wide range of cutting-edge technologies in various fields, Aramco Asia recently deployed for the first time a "smart helmet." The solution, which operates on artificial intelligence, remotely monitors equipment and material fabrication activities, thereby mitigating the risk of COVID-19 transmission.

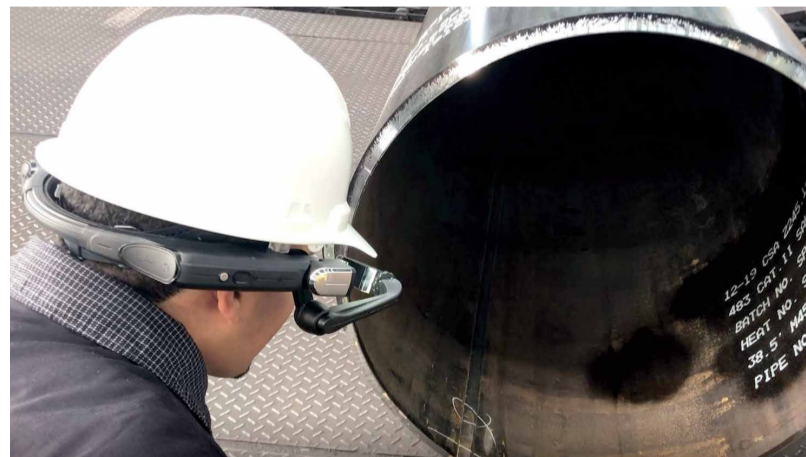
the technology behind the 'smart helmet'

The technology behind the solution, an Android tablet class wearable computer, is a hands-free device attached to a regular industrial helmet. It uses voice recognition software and allows for numerous functions such as easy document and screen sharing, high resolution image capturing,

video recording, and real-time augmented reality mark-up for remote guidance. The solution also enables multiple people to remotely run multiple support sessions at one time.

"Digital transformation is driving change in how we manage our business in Aramco Asia, and it supports our stakeholders through enhanced agility and innovative solutions — especially in times of crises," said Anwar A. Al-Hejazi, Aramco Asia president. "Aramco Asia will continue to explore and adopt innovative technologies that can add value to our operations."

Highlighting the value of such technologies, Aramco Asia-Korea representative director Fahad A. Al-Sahali said: "This technology brings about many benefits that enable us to reliably and safely sustain and enhance our operations by increasing on-the-spot audits to monitor materials fab-



"Smart helmet" technology, as worn by this engineer, enables engineers to inspect materials remotely to minimize people gathering while ensuring sustainability of company operations amid the COVID-19 pandemic.

rication activities and expediting related urgent assessment processes. Identifying suitable technologies that complement our processes at an early stage enhances our business continuity measures."

capital projects support during the COVID-19 pandemic

To ensure business continuity during the current COVID-19 pandemic, Aramco Asia engineers in South Korea have utilized the smart helmet technology to remotely evaluate a new potential manufacturer located in Ulsan (approximately 350 km from Seoul) that produces straight seam pipes.

A group of technical and inspection assessors from Saudi Aramco Consulting Services in Dhahran and Aramco Asia Engineering and Technical Services in Seoul collaborated and interacted remotely with manufacturer representatives through live

streaming. This unique solution — carried out to support an urgent request to assess the manufacturer's performance and equipment operation conditions — was remarkably efficient, and contributed to safe business continuity.

The technology has also been utilized to supervise inspection activities and mechanical testing for the company's ongoing critical purchase orders for projects such as the Marjan Increment Program. This solution has helped to maintain human safety requirements, deliver proper inspection services, and support the company's capital project's schedules.

The inspection results were satisfactory and supportive of the company strategy to promote digital transformation for business functions. Aramco Asia will continue using the technology to ensure product integrity and business efficiency.

cooking in the time of COVID-19

Aramcons share top tips for eating healthy

by Shaistha Khan

Dhahran — With limited physical activity, limited access to fresh produce, a tendency to stress eat, and a disruption in routine, maintaining a healthy lifestyle during lockdown can be a challenge. This week, Dhahran community members share some healthy eating tips that have worked for them.

inexpensive, wholesome, and flavorful

Andrea Radi, a certified eating psychology coach, recommends using beans and legumes from your pantry. With the lockdown, there is much more time to soak kidney and broad beans overnight or for a few hours and create inexpensive, wholesome, and flavorful dishes.

Her family favorites include rajma curry made with kidney beans, a coconut curry made with chickpeas, and a broad bean salad with lemon, olive oil, and minced garlic. Radi also recommends using canned foods such as tuna and sardines. However, she emphasizes the importance of reading the ingredient list and opting for canned foods that contain natural ingredients without too much salt, sugar, or preservatives.

two meals a day

Nalan Khalaf and her family chose two meals a day (breakfast and an early dinner) to ensure that their calorie intake is proportionate to the limited physical activity. Khalaf explains that this way, she can spend more time with her children and help with their online school and projects, as opposed to spending that time preparing meals and

cleaning up after. This also helped the family prepare for Ramadan.

"Although it took some time to get used to two meals a day, the children realized that they were eating out of boredom, rather than hunger," she said.

Generally, the Khalaf family opts for lots of fresh fruit, vegetables, and meat, but have adapted to frozen vegetables and dried beans or lentils to reduce the number of grocery runs. Breakfast usually includes cereal or overnight oats with jam or dried fruits. Dinner is usually dried beans or lentils used in stews and rice dishes.

teaching kids healthy eating

Every Tuesday, the Dhahran School hosts "iChoose Tuesday," where children can choose from an array of nonacademic virtual activities and carry them out at home. Language Arts teacher, Perla P. Cisneros decided to introduce challenging and fun health-related activities encouraging children to innovate, experiment, and explore.

Last week, Cisneros carried out a healthy drinks and smoothie's session, where students were encouraged to use fruits and vegetables in their refrigerator and create nutrient dense or "superfood" drinks that boosts the immune system.

"If we guide kids with recipes that are healthy and easy to prepare, it will give them a greater appreciation for the work it involves," Cisneros said. "And it is likely that they will also be more interested in eating something they have prepared by themselves."

Teaching kids to appreciate healthy food options will help them adopt better habits

that they can pass on to others in their family. In the upcoming weeks, Cisneros will be introducing healthy salads, soups, and snacks.

"During this challenging period of confinement, we have the wonderful opportunity to rethink our food choices and enhance our health," she added.

a few easy tricks

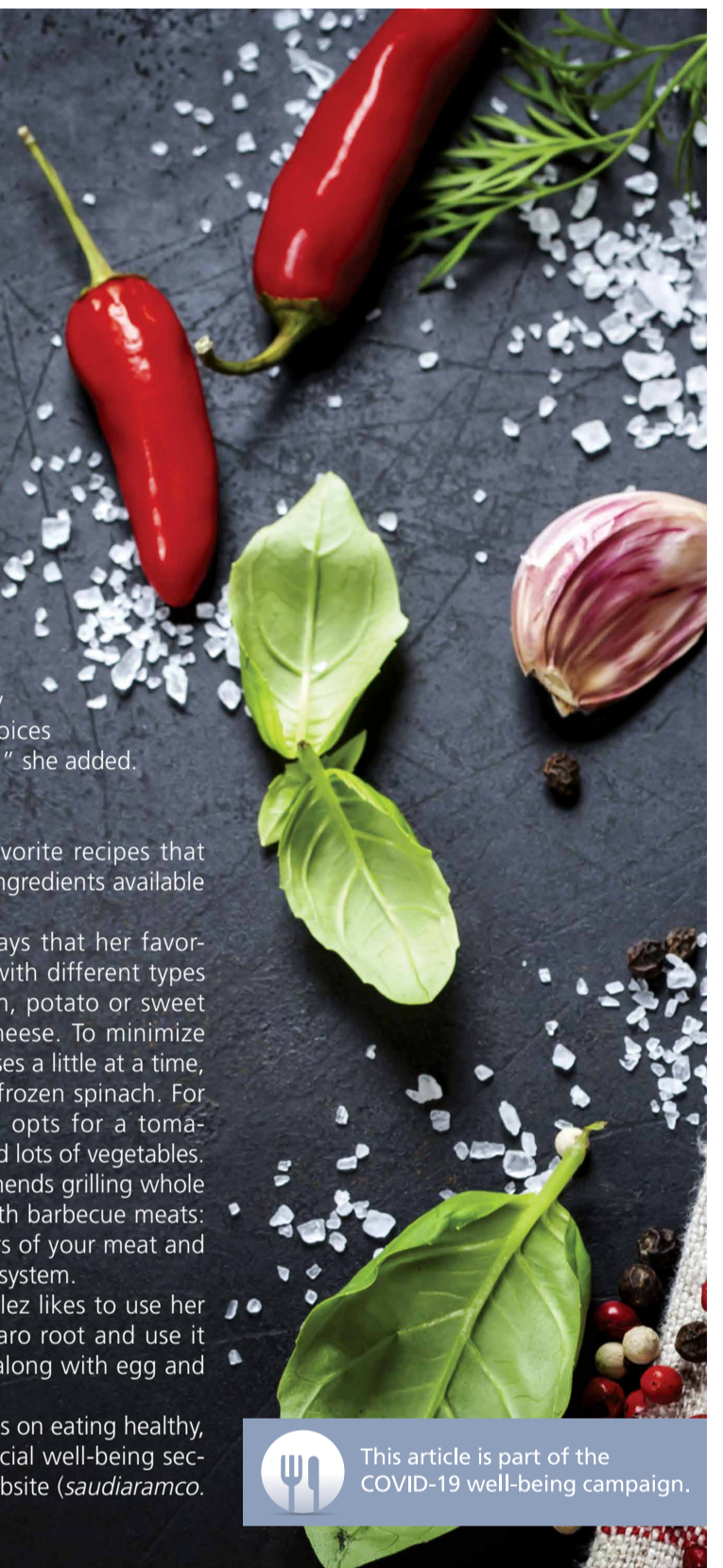
Others share their favorite recipes that can be made with the ingredients available in your pantry.

Natalie M. Furlong says that her favorite lunch is an omelet with different types of filling, such as onion, potato or sweet potato, spinach and cheese. To minimize waste and ensure she uses a little at a time, Furlong prefers to buy frozen spinach. For meat-less dinners, she opts for a tomato-based pasta sauce and lots of vegetables.

Leslie Murphy recommends grilling whole bulbs of garlic along with barbecue meats: They enhance the flavors of your meat and strengthen the immune system.

Kelly Sudberry-Gonzalez likes to use her air fryer to fry frozen taro root and use it in her breakfast tacos, along with egg and cheese.

For more tips and ideas on eating healthy, feel free to visit the special well-being section of the company website (saudiaramco.com).



This article is part of the COVID-19 well-being campaign.

your voice

reflections of a Loss Prevention engineer in self-isolation



by Olu Adeolu
Dhahran

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When I learned I was being asked to work from home due to me being in a high-risk group, my first reaction was: "What? That confirms I'm really old!"

At first, I didn't want to leave the camaraderie of the workplace, but my supervisor's email explained the rationale well, so off I went, with VPN access and my laptop and all the materials from my desk I thought I needed to work from home effectively.

On my first day of working at home, I dressed slightly less formal than normal for work, to make sure I was still mentally in work mode. I set up my workplace as ergonomically as I could and far away from where my wife watches TV. But it turned out that I wasn't quite as well equipped as I thought.

A common drive I had access to in the office wasn't available, even though it was on colleagues' machines. And this came as a deadline for a report I was working on came and went. I was disconnected from the system and struggled to reconnect. Still, I was able to phone

and make Skype calls to a few work colleagues, which helped break up the day nicely.

At one point, my wife wandered over to see how I was doing. With a jolt, I realized I had not moved from my seated position for almost two hours. I got up and walked out into the sunshine to stretch my legs. I returned after completing a couple of laps of the circle in front of the family home.

Before I knew it 3 p.m. had arrived. I tried desperately to complete the report but had to accept defeat. Tomorrow was another day. It had been a strange day, being physically isolated from colleagues. Network problems aside, although I was frustrated that I hadn't completed the report, I had been able to concentrate and work uninterrupted for much longer than I normally would in the office.

The second day followed a similar pattern, but eventually I was able to send the draft report to my supervisor. You can imagine my horror when an hour later, I received a rather stern email asking me to send the overdue report. It turns out

another network outage had caused my email message to fail to deliver. I rebooted, logged on, and re-sent the report.

Another day, I participated on meeting with 29 people via Skype. It was surreal hearing the disembodied voices with occasional images, but the platform worked quite well once I got used to it.

So what are my takeaways regarding working at home?

- Be realistic and accept that it will take some time to mentally adjust to working remotely
- Set up your workstation as ergonomically as possible in a place where you can remain relatively undisturbed
- Keep yourself informed, and maintain all COVID-19 precautions
- Set your daily objectives and be disciplined in achieving them
- Take frequent breaks from the screen, as it is easy to forget to do so when you are working on your own, undisturbed
- Maintain regular telephone/Skype contact with colleagues as operationally appropriate.

Your Voice reflects the thoughts and opinions of the writer, and not necessarily those of the publication.

World Day for Safety and Health at Work

Aramco: putting our people first on its ongoing 'safety journey'

On April 28, the International Labor Organization (ILO) marked the observance of World Day for Safety and Health at Work, an initiative focused on promoting safety and health in the workplace.

According to the ILO, almost 3 million workers die each year from occupational incidents and illnesses. The company has a decades-long history of developing policies and practices to protect workers, evolving to meet the needs of the day — even up to the current challenges of the COVID-19 pandemic.

Early on, Saudi Aramco emphasized personal safety and instilling safe work practices for a largely unskilled but developing workforce. In 1940, after hiring its first professional safety engineer, it began developing a culture promoting the importance of safe work behaviors and procedures.

A lot has changed since those early days, with the company's Loss Prevention Department (LPD) now playing the lead role in ensuring the safety of our people through a broad range of safety-related activities, including the development of enhanced safety standards, provision of fit-for-purpose field support, assessments of safety performance, and forecasting potential emerging risks — all this while continuing to embrace its duty of communicating the message of safety to not only the workforce, but also communities.

Leadership is a key driver in that effort, and nowhere is it more evident than on the Corporate Health, Safety, Security, and Environment Committee, which provides strategic guidance on safety policies while assessing and advising on safety-related information companywide.

Ghassan G. Abulfaraj, manager of the Loss Prevention Department, says: "At Saudi Aramco, we consider it vital that leadership remain engaged with the very people who define our success. We can only achieve safety excellence through visible and effective leadership, which in turn positively influences our employees' values, decisions, and day-to-day behaviors."



Aramco dedicates specific attention to personal safety accountability for its employees and contractors. While it continues to simplify processes and enhance safety technologies, there is also a conscious approach to maintain a "human connection" that promotes safety as ultimately a personal choice. That's the kind of work Loss Prevention Department engineers Faisal Z. Al-Asmari (right) and Fahad K. Al-Rashoudi (center), as well as contractor Yousef Khan take seriously. (Photo: Hasan Almubarak/IMP)

empowerment and accountability

Saudi Aramco dedicates specific attention to personal safety accountability. While it continues to simplify processes and enhance safety technologies, there is also a conscious approach to maintain a "human connection" that promotes safety as ultimately, a personal choice.

The success of any company lies with its people, and Saudi Aramco has long recognized and embraced this.

Although the Safety Management System (SMS) provides our risk management structure, and leadership is responsible for providing a safe work place, each person still has a personal responsibility for following safety rules and requirements that cascade down through the SMS.

Also, Saudi Aramco empowers employees with its "Stop Work Authority" mandate that allows any individual to halt any unsafe act at any time.

every life matters

Saudi Aramco has tens of thousands of contract workers, and to succeed in its safety objectives, a total workforce approach is necessary. Contractors are therefore recognized as an extension of our workforce and are required to follow the world-class safety standards expected of all personnel.

The contractor safety strategy comprises four foundational elements: (1) improving engagement and communication with contractors; (2) carrying out in-depth assessments; (3) providing credible safety performance metrics on construction projects; and (4) evaluating its governing processes and procedures when selecting contractors.

safety education

From the launch of the company's first safety educational materials in 1941 to the recent rollout of its multilingual Life-

saving Rules, Saudi Aramco has continually sought new and innovative ways to educate its workforce. This approach has proven successful, as it continues to improve in key areas, boasting a lost-time injury and process safety event rate significantly lower than the industry average.

Education remains a safety cornerstone, both on- and off-the-job. Each year, a wide range of safety training programs are delivered covering key areas, including gas testing, isolation and lockout/tag out procedures, hazard recognition, as well as nonindustrial safety topics such as home fire prevention and traffic safety.

a sense of community

There's a deep-rooted belief at Saudi Aramco that safety extends beyond the workplace, evident in the company's many community focused initiatives ranging from fire week safety to promoting sports injury awareness. It has even established its own female driving school, working close with the Traffic Safety Signature Program, to ensure it meets its corporate social responsibility of helping improve the Kingdom's highway safety.

Saudi Aramco even broadcasts general safety messages over its own radio station and distributes safety materials at local schools.

Still, despite its success over the years, Saudi Aramco acknowledges that when it comes to safety, its journey is just beginning. We remain committed to embracing new safety technologies and focusing on lessons learned as it continues to build and maintain a safe, reliable, and suitable work environment to ensure it delivers on its objective of becoming the world's leading integrated energy and chemicals producer.

"Saudi Aramco has experienced immense change over the decades, but one thing that has remained constant is our commitment to safety. Since our very beginnings, we have put the safety of our people ahead of anything else, and this will never change," Abulfaraj concluded.

a clean ride to first place in SAE International Challenge

by Judi Ottmann

Detroit — Aramco sponsored a team of engineering students at Michigan Technological University (MTU) that captured a number of first place wins in the 2020 Clean Snowmobile Challenge — a collegiate competition series conducted each year by SAE International.

The company's sponsorship fortified its commitment to support science, technology, engineering, and math (STEM) education, and a clean energy future.

The Aramco U.S. global R&D center in Detroit is collaborating with MTU, as well as other academic partners, to advance the company's engine and fuels program to reduce emissions and optimize performance.

winning the challenge

This year's challenge drew 14 teams of engineering students representing universities across the U.S. and Canada. They brought to the challenge several years of preparation, reengineering a stock snowmobile to reduce emissions and noise while increasing fuel economy — all while preserving the riding excitement demanded by snowmobile enthusiasts.

The challenge was staged at the MTU

Keweenaw Research Center facilities, and featured two main engine competitions — "Spark Ignition Gasoline" and "Compression Ignition Diesel."

The Aramco-sponsored MTU team captured multiple first-place awards in the Spark Ignition (SI) gasoline competition, with wins in the Overall, Best Lab Emissions, Quietest Snowmobile, and Most Practical categories. The team also received a first-place award in the Compression Ignition (CI) Diesel competition for the Quietest Snowmobile.

And it didn't stop there. While demonstrating their technical ingenuity, the MTU students also conveyed a spirit of congeniality, earning the recognition of "Most Sportsmanlike Winner" in the SI gasoline competition, a coveted honor.

Aramco is a Creating the Future-sponsoring partner of MTU's Advanced Motor Sports Enterprise, along with GM and DENSO. Other auto industry leaders such as Ford, Fiat Chrysler, and John Deere are also serving as sponsors. The program supports MTU's vehicle competition teams in four events — the Snowmobile Challenge, Formula SAE, SAE Supermileage, and Baja SAE.



A member of the MTU team chews up a little snow along one of the Michigan trails, demonstrating the team's success in developing a clean snowmobile engine. The attached trailer houses an in-use customized analyzer to measure emissions. Aramco served as a partnering sponsor of the MTU team.

Abqaiq Photography Group: capturing the essence of the ‘Friendly City’

by Amy Diefendorf

A gorgeous, clear-sky afternoon in February provided the perfect setting for the first Abqaiq Photography Group (APG) event of the year.

To kick off the new year, the group headed out on a photo walk to capture the beauty of our community. Members were tasked with finding geometric lines, assuming different viewpoints, and looking closely at various locations around the community as they took photos.

Members also spent time sharing their expertise on their cameras. After lots of laughter, creativity, and fun times together, the APG is looking forward to practicing their skills in isolation before getting together again!

If you'd like to join the APG our next adventure, please email abqaiqphoto@gmail.com.



Whether it was capturing a desert cat in action, the beauty of a community garden, or the “I Love Abqaiq” sign, the February photo walk by the Abqaiq Photography Group (APG) found a wide variety of strong imagery of the “Friendly City.” If you'd like to join the APG, email abqaiqphoto@gmail.com.



Mount Pilatus in the clouds

Pradip Kumar, a reliability engineer working in the Reliability Unit of the Ju'aymah Gas Plant, captured this majestic image of Mount Pilatus, Switzerland while on tour there in September of 2018. Kumar used his Nikon D5300 to shoot the photograph of the high altitude area with beautiful views of mountains and a scenic lake. Kumar, who lives in Ras Tanura, has been with the company five years.

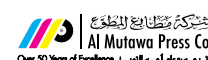


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community celebrates our COVID-19 heroes



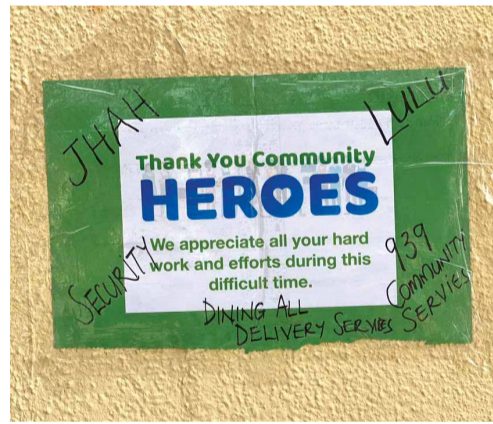
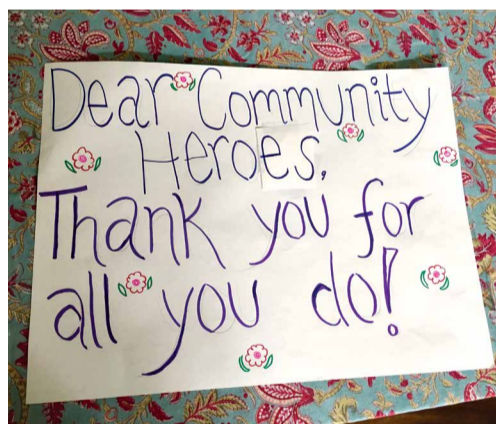
The outbreak of the COVID-19 has been a time for heroes. They live among us, working tirelessly to ensure that we are safe, healthy, and well fed in our communities.

To say thank you to these heroes, members of the community in Dhahran have posted posters on the exteriors of their homes, thanking the doctors, nurses, paramedics, security officers, fire protection officers, drivers, community cleaning staff, and others who continue to make our communities safe and clean places to live.

It's a sentiment many of us feel, and it's never too late to say thank you to the people who make our communities special places to live.

Stay safe. Stay home. Keep healthy. Be positive.

Kashyap and Moukthika Pathi take time out to create a colorful wall poster to express their gratitude of the many heroes during the COVID-19 pandemic. They are just a couple of the many Aramcons to have hung posters thanking the doctors, nurses, paramedics, security officers, fire protection officers, drivers, community cleaning staff, and others who have kept our communities safe and clean places to live.



a creative expression of COVID-19 health and safety awareness

To raise awareness about COVID-19 among employees and their families, Power Systems conducted the COVID-19 Health and Safety Awareness Creative Competition on March 26.

"Employees and their families' health and safety are at the forefront of our priorities," said Abdulkarim A. Al Ghamdi, vice president of Power Systems. "The idea for the competition was inspired by an effort to help promote consistent information about the virus."

Abdulaziz A. Al Naim, Aramco Power Department manager, further noted that some children are unaware of how COVID-19 is being transmitted and what its common symptoms are.

Close to 50 submissions of creative work in the form of drawings, paintings, and sketches were submitted, highlighting health and safety measures around the house against COVID-19. The top five contributors were recognized, based on criteria comprising of the message's clarity, quality, originality, and creativity.



These posters were among the best of nearly 50 submissions received during the COVID-19 Health and Safety Awareness Creative Competition.



By: Zaydan Deen

now's the time to

connect to ithra

Explore ideas to engage your
body, mind, and spirit.

We all have things in the back of our minds that we keep meaning to do. Maybe you have an unfinished novel or screenplay that's been stashed away too long. Or perhaps you've always wanted to learn how to play an instrument or speak another language.

There's no better time than now to revive a neglected passion or pick up a new hobby or skill. Reading alone can transport you instantly to other worlds, different times. For inspiration and motivation, browse our Well-being site.



Edutainment



Productivity



Self-care



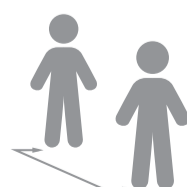
Healthy Diet



Exercise

We've compiled an extensive list of best-in-class resources in five categories. Discover items of interest for you or your family.

To start exploring, go to
saudiaramco.com/en/news-media/covid#chapter2.



Maintain a **safe distance** of at least **1.5 to 2 meters** from others.



Rub hands with sanitizer for a minimum of **20 seconds**.



Greet people with a **wave** instead of a handshake.

* Some sites are not available via the company network. All well-being information is accessible from your home computer or mobile.

saudiaramco.com/en/covid | Help desk 87-COVID (013-872-6843) | JHAH 800-305-4444 (Option 3)

