

# panorama

win an iPad  
or a gift card  
details inside

focusing on safety

smart camera use

a healthy childhood

successfully growing strong

home buying tips

check for common problems

To submit a request for articles or comments, please email [panorama@aramco.com](mailto:panorama@aramco.com)

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## on the cover

Saleh, age 3

Panorama is proud to feature Saudi Aramco employees and their families as models.

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# keep safety in focus

All the elements for the perfect photo are aligned: the spiral staircase in the foreground, the sun throwing long shadows, a pedestrian adding color and a sense of movement to the composition. Now, just take a step closer to fill the viewfinder and capture the moment on camera.

As exciting and creative as photography is, the hope of capturing an image that no one else has must not distract the photographer from thinking about how to do it as safely as possible. Whether you are taking photos with a mobile phone or a camera, the advice is the same.

It is easy to become engrossed in a hobby and get lost in the moment, but it is exactly at such moments that accidents can happen. Taking a step while looking through

panorama

a camera's viewfinder can lead to tripping over an object, moving into the path of oncoming traffic, or falling over a ledge resulting in injury, equipment damage, or harm to others.

### Leading lines

Some locations are more hazardous than others. One photographic technique to draw a viewer into a photo is to use leading lines. This can be a road stretching into the distance, a fence cutting through a field, or the symmetry of railroad tracks. While the composition can make a good photo, the train tracks can be deadly. High-speed trains approach without warning, can take a photographer or model by surprise. The speed and size of a train will also blow down anyone too close to the track, as it passes.

There have been a number of deaths and injuries on train tracks, so they should be avoided at all times. Only take photos from a safe distance, such as from an overhead bridge. Using a tripod and remote shutter release is another way of staying safe while getting the photo.

Roads can also be a dangerous place to take photos. Although vehicles can stop in a shorter distance than trains, and can take evasive action if needed, photographers should stay clear of busy highways and take precautions whenever near a road, such as wearing high visibility clothing or have a friend act as a "spotter" to watch for traffic and other hazards.

### Situational awareness

Whatever the location, every photographer should maintain awareness of where they are, what is happening around them, and how they might need to react. This is known as situational awareness.

Noticing aspects of a landscape or elements in a street scene that will make a great photo are part of situational awareness. This awareness helps identify anything that may be a hazard: obstacles, slippery surfaces, or traffic. It also means noticing people nearby and the environment. This can prevent you from becoming a target for criminals, such as pickpockets. Be sure to look around and take note of who and what surrounds you in between shots.

### Be sensitive

Being aware also means being sensitive to cultural practices and expectations. In many places it is considered rude, inappropriate, offensive, or even illegal to take pictures of people.

Many locations, such as government buildings, military installations, or religious sites restrict photography. Photographers should be aware of the law and avoid taking pictures in sensitive locations. If there is any doubt, ask for permission before taking the shot.

### Don't get too close

Some of the best photos are close up, where the subject of the photo fills the frame. It is always tempting to get that little bit closer to an animal, for example, but always be aware that any animal, no matter how docile, can be unpredictable and dangerous.

Remember that cute does not mean safe. Keep your distance from animals and use a zoom lens to get closer, especially with wild animals.

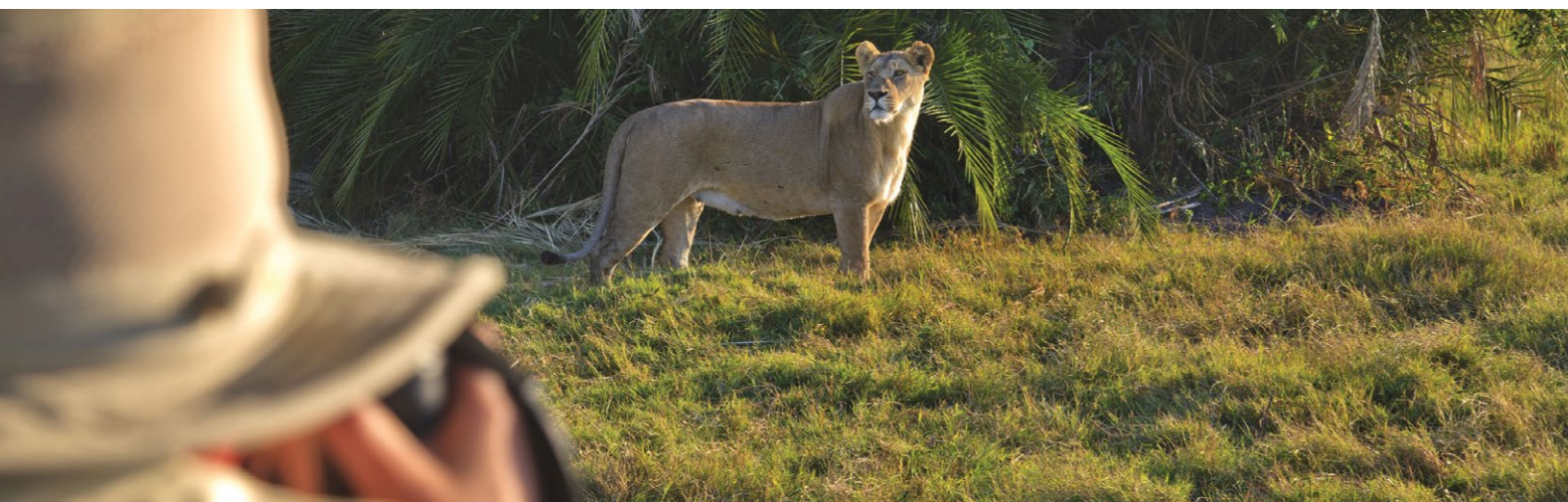
Photography is a popular pastime that has become a way of life thanks to smartphone technology. It is easy to take photos and think about safety at the same time. Put care and attention into planning your photos. Whenever you point the lens, the only thing you should walk away with is the perfect shot. ■



## smartphones vs action cameras

As technology in mobile phones improves, the usefulness and need for action cameras — small, single lens cameras that sports participants attach to surf boards, skate boards, helmets, and bikes — seems to diminish. However, an action camera is still best for taking action shots on the go.

- > **Price:** In general mobile phones cost more and can do a great deal more than cameras. Cameras are usually less expensive to replace if something goes wrong.
- > **Strength:** Phones can be easily damaged if they are handled roughly or dropped, even with a protective cover. Cameras are designed to handle the rough and tumble of extreme sporting activities, including watersports.
- > **Usability:** Action cameras are designed to take videos while on the move, with limited need for adjusting any controls, while interaction with a phone requires both hands most of the time. Downloading and sharing photos and videos is easier with a phone.
- > **Battery life:** Both have a similar battery life, but action cameras have replaceable batteries, so a new one can be swapped as needed. Powerbanks do the same for smartphones, but when out cycling or surfing, an additional gadget attached to a phone is not ideal.



# weather affects your vehicle

Modern vehicles are built to withstand extreme temperatures, but weather conditions can cause problems. You can prevent the weather getting the better of your car by knowing which parts of your car need basic checks.

Regularly check your tires. Heat makes the air inside a tire expand, and can lead to a blowout. For every increase of 10 °F (12 °C), tire pressure increases by one pound per square inch (PSI). Increased friction also causes tires to heat up, so under-inflation, speed, excessive cornering, and frequent braking all affect tires. Check tire pressure every two weeks during high heat. Worn or old tires also have an increased risk of failure.

Extreme weather can make batteries struggle to hold a charge and produce power. A mechanic can check the power output to determine if it needs to be replaced. Keep it clean and the terminals free of corrosion.

The vehicle's cooling system keeps the engine working at the correct temperature. If the coolant level is low, it can cause the engine to overheat. Check the coolant level to be sure the concentration of coolant is correct. Many newer vehicles have sensors that automatically check the level.

Check the engine oil, too. Oil can thin in high temperatures, so parts don't get the protection they need. Change your oil regularly so old fluid is replaced, taking

dirt with it. Use a high-quality, low-viscosity oil during hot months, and make sure the oil reservoir is full to protect the engine at all times. Check and clean the air filter at the same time.

Air conditioners (A/C) need regular maintenance to keep them working at their best. Get it serviced before the summer arrives. A/C compressors can fail if they have a sudden demand for use, and have not been maintained.

Dirt and debris can cause scratches, and bird droppings and dead bugs are acidic, affecting paint. Rust can occur when paintwork is damaged. Regularly wash your vehicle to remove dust, dirt, and debris before it does real damage.

Exposure to UV rays in sunlight can fade and crack a vehicle's paint. UV and heat also affect rubber trim, seals, and the battery. Waxing protects the vehicle's paint, and parking in the shade or using a windscreen shade protects interior trim.

Weather can be tough on a vehicle, but the right maintenance can prevent problems and allow you to enjoy comfortable driving. ■



Lama, age 4

# the joys of childhood

Dr. Hanan Shaikh, Primary Care Pediatrician,  
Johns Hopkins Aramco Healthcare

It is always an exciting time for a family when a new baby arrives and dreams about their future begin.

The journey of child development has many different stages, and ensuring a safe environment for a child to learn and explore is critical.

Every year all around the world, there are many children involved in incidents that can easily be prevented with proper supervision and preparation.

## Home safety

Once a child begins to walk, the house becomes a playground of wonder and exploration; however, this also comes with a number of safety concerns. For example, exploring a kitchen can easily lead to burns by pots, pans, or other objects on the stove. This can be avoided by always packing pots and pans away when not in use, and never leaving cooking unattended.

Potential hazards are not limited to the kitchen. Children can easily find medication stored in drawers or household cleaning products under the sink. These can cause chemical burns, inhalation injuries, and poisoning. Child locks on cabinets and drawers are a simple and effective way to prevent such injuries.

As well as exploring, children love to hide. Playing with curtains can increase the danger of suffocation or strangulation. Ensure curtains with long cords are child proofed, and that young children are supervised at all times.

## Water safety

Water is an attraction that can quickly turn a routine activity into a dangerous one. In a few seconds, an unsupervised child could drown in a bathtub or toilet bowl. Keep the toilet lid down and use a child lock to prevent lifting. Close and lock the bathroom door, and make sure that the bath is empty whenever it's not in use, or an adult is not present.

During the summer, swimming can be a favorite past time, however, drowning is the number one cause of death in one to four year olds in the U.S. The American Academy of Pediatrics recommends that all pools have fencing at least 1.5 meters high, self-closing gates, and a child-proof lock. Inflatable pools should be emptied when they are not in use.

Supervision of children should only be done by adults who are able to swim, and there should be one adult present for every two children. Adults must remain alert, as it only takes a few seconds for a drowning to occur.

By implementing child locks, and other simple safety precautions, incidents can be avoided. Children are the future and deserve the chance to grow up in a safe and secure environment. ■



# simple steps to improve online privacy

It can be challenging to maintain your privacy on the internet especially if you are spending a lot of time on social media. Protecting your privacy can help you avoid data leaks that could lead to identity theft or online eavesdropping of personal information. There are some simple steps you can take to improve your online privacy.

Adding an extra layer of protection to your personal account is very important. Two-factor authentication sends a code by SMS or mobile app to your requested mobile number or app whenever your account is accessed. This can prevent password thieves from accessing your private data if they have your password.

Giving specific programs access to your personal information can also lead to a breach of your privacy. The only way to prevent access is not to grant it, which may mean you can't use the service. Always review the permission settings on your apps and your social media accounts. Some apps request your permission to track your location or access your contacts. Some of these authorizations can put your privacy at risk. Always limit or turn off tracking, and do not allow the app to run in the background.

Although location tracking can be handy, it can also be invasive. Smartphones can gather information about when, where, and how a picture or video was taken. If a photo location feature is activated and you share a picture, the time, date, and location may also be seen by anyone who

views the picture. Frequently check your privacy settings and review apps that have permission to access your data.

Smart speakers are becoming popular and they can be a useful tool, but they can also affect your privacy. Concerns have increased since it was confirmed that smart speakers can be triggered, start recording, and submit information when the user says the wake up word or phrase. According to Zak Doffman, a cybersecurity contributor at Forbes, "There is a fundamental difference between pressing a button on a phone or other device and having 'always listening' devices dotted around your life. The unfortunate truth is that the best privacy defense against potential breaches is to unplug the devices until you've decided this is functionality you cannot live without". If you feel that smart speakers are essential, review the privacy settings, delete your recording history regularly, and mute the speakers when you're not using them.

You should be the one to choose how to balance convenience and privacy. By considering these steps you'll be on your way to a more private and safer user experience. ■



Abdullah, age 8

## getting your best sleep

Establishing healthy sleep habits is essential to the health and well-being of the body and mind. To ensure you are getting the best sleep possible, Jonna Pazuik, Polysomnography Specialist at Johns Hopkins Aramco Healthcare, provides the following tips.

### Always

- Ensure your bedroom is cool, dark, and quiet (19-24°C).
- Do not have a computer, television, or mobile phone in your bedroom. Lights and noise can disrupt your sleep.
- Go to sleep when you're tired. If you can't sleep within 20 minutes, get out of bed, go to another room, and do something relaxing until you become tired.
- Go to bed and wake up at the same time every day, including weekends, holidays, and during Ramadan.
- Ensure you get exposure to natural light during the day (a minimum of 10 minutes directly on your skin).
- Do not watch the clock while trying to fall asleep. This can increase stress and prevent you from falling asleep.
- Before sleep, avoid rich, fatty, fried, salty, or spicy foods that can disrupt your sleep.
- Limit naps to 30 minutes.
- Use earplugs, eye masks, and a fan as needed to reduce noise, light, and heat when going to sleep.

### Natural remedies

Some foods can help provide quality sleep. Turkey, nuts and seeds, tart cherry juice, 100% whole grain oats, brown rice, corn, quinoa, warm milk, and bananas contain tryptophan, an amino acid that helps your brain relax.

Essential oils, such as lavender, bergamot, mandarin, sandalwood, and frankincense, or a cup of warming chamomile or valerian root tea can help calm the mind and body.

Vitamins and supplements, such as calcium, magnesium, and melatonin, may help produce a better quality of sleep.

### As much as possible

- Find a soothing pre-sleep routine (warm shower, reading, stretching, or whatever helps you relax).
- Avoid substances that can disrupt your sleep such as caffeine and nicotine.
- Exercise – as little as 10 minutes a day can be sufficient.

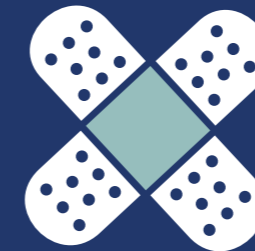
## أربعة أسباب للحصول على لقاح الإنفلونزا Four Reasons to Get the Flu Vaccine



يمكن أن ينقذ حياتك  
It can save your life



يمنحك اللقاح الحماية  
لموسم واحد  
It keeps you protected for  
one season



اللقاح لن يصيبك بالإنفلونزا  
The vaccine will not give  
you the flu



أيام مرضية أقل  
Fewer sick days





# scholarships: financing a future

Scholarships can be of great value to students when attending university, college, or trade school. Receiving a scholarship or grant allows students to focus on academic achievements instead of financial concerns.

In countries such as Saudi Arabia, the U.S., U.K., and Australia there are thousands of scholarships available, and anyone considering further education should investigate all the possibilities. Few students will receive enough to cover all university expenses, but most students can receive some assistance.

Some scholarships require a high grade point average or leadership skills, while others are more flexible and use a more holistic approach. Grants differ from scholarships in that they are awarded on the basis of financial need, rather than merit.

Most universities offer merit-based scholarships which are designed to allow students with strong academic, athletic, or leadership qualifications to attend. For example, Harvard University, provides about 55% of its students with scholarships, allowing people from various financial backgrounds to attend.

Private scholarships have also been established to attract students to particular academic fields, geographic areas, programs, or religious backgrounds.

To maximize the chances of receiving scholarship funds for school, evaluate your profile, and outline your personal accomplishments, academic achievements, interests, experiences, and background. Search online for scholarship application opportunities using scholarship search engines such as Fastweb, Niche, or Moolahspot in the U.S. or the Scholarship Hub in the U.K.

Organizations in critical work fields also offer scholarships to attract students to train in these fields, ensuring there will be a well trained workforce in the future. Certain fields with critical shortages such as healthcare, science, and building trades often offer full scholarships to students.

## Meet your financial needs

If awarded a scholarship, you should confirm whether it is automatically renewed each year or whether a renewal is needed. Confirm the number of years you are eligible for the scholarship. Some programs award scholarships to cover an entire degree or program, while others are annual or semi-annual.

For private scholarships, complete applications for the largest financial benefit first before moving on to partial scholarships. Smaller offers can be easier to obtain because they are less competitive, and students may receive multiple awards.

Apply for scholarships from diverse sources, including private sector businesses, non-profit organizations, and civic organizations.

Time is critical to the application process. So always be aware of the application deadline. Missing a deadline for submission can result in losing an award.

A university education does not need to be a financial burden. It just needs some time, effort, and planning. ■



# buying a home that's safe and sound

Buying a home is one of the most important decisions a person can make in their life. Whether a small apartment or a grand palace, a place of your own is not a luxury everyone has, but a dream most people would like realized.

It is always a good idea to have a professional electrician, land surveyor, or risk assessment specialist inspect a property before you buy it; however, the basics of what to look for when viewing a home are worth knowing. Keep your eyes open for tell-tale signs of problems that could lead to buyer's remorse and expensive repairs. Be prepared to give up on a specific house or to negotiate these fixes before you commit to buying.

#### Structurally sound

Cracks inside and outside of a house can be cosmetic or a sign that the building is "moving." A moving or subsiding building occurs when the ground under a house begins to sink, taking some of its foundations with it. As one side of the house moves downward, cracks can appear through structural strain. Walls and extension joints are places that may show signs of building movement, but a structural surveyor can assess the cause and reveal how serious the issue is, and if it can be fixed.

Don't confuse a sinking building with a building that's settling. Most new houses experience "settling," and hairline cracks can appear. They are only surface cracks that occur as a newly built house settles into its final position.

#### Damp dangers

A house with a moldy smell, flaky plaster, or watermarked walls or ceilings is most likely damp. A new house can be damp if it is still drying out, but structural dampness is a serious concern, occurring when moisture enters the building through an external source, such as a leaking roof.

Signs to look for are discolored walls or peeling wallpaper near the ceiling and around the skirting boards. If it's really bad, you'll be able to see a damp patch outlined through the wall.

Newly painted rooms may look fresh but they may also be an attempt to cover damp or other damage, like wall cracks. Ask questions tactfully, and ensure a thorough survey is completed to guide you.

### Revealing rot

Dry and wet rot are both forms of fungus that affect timber within a house. Although the term “dry rot” suggests no moisture is needed, a moisture content of around 20% will still be present.

Dry rot often occurs in areas that cannot be seen, like structural beams. It is aggressive and can spread, while wet rot tends to remain localized. Wet rot looks darker than the surrounding timber, and the affected area will feel damp and spongy to the touch.

Timber can be treated for both dry and wet rot, although it may mean construction work to get behind walls if needed. Call a timber specialist if you are in any doubt.

### Electrical inspection

Correct electrical wiring is critical for protecting a home from electrical fires, but most household wiring will be behind walls. The most you can do before buying is to visually check wall sockets, light fittings, and ensure the switches are working. Be on the lookout for sockets that are damaged or scorched. Scorch marks around a socket are a sign there is a problem with the wiring behind the walls. Check that lights are working correctly and do not flicker, and there should be no visible damage, exposed wires, or “buzzing” sounds when the light is on.

Inspect the main panel box to ensure it has current overload protection installed. It should also have a Residual Current Device fitted. This trips the electrical circuit if an overload is detected and prevents electrocution and fires.

Take no chances with electrical systems. If you see signs of damage, or are unsure, call a registered electrician to investigate.

### Window warnings

The condition of external window frames can be an indication of the state of the rest of the house. Cracked, peeling frames suggest the house has not been appropriately taken care of. If the windows are in good condition, it's likely that the structure has been looked after. Check the frames – are there cracks or signs of warping? If you can push your finger into a wooden frame, you should be concerned about rot. Condensation between double-glazed window panes also indicates an issue. Well-maintained windows and frames keep houses watertight, windproof, and provide extra insulation.

### Exterior concerns

Missing or cracked slates, clogged gutters, and brick pointing should be part of your roof and wall survey. “Pointing” applies to external brickwork — anywhere joints are held together by mortar or cement. If the pointing is damaged, the structural integrity of the wall may be jeopardized. Degradation of walls or the roof affects the weatherproofing of the house.

The roof must be watertight, as leaks can create significant damage within the house, including to insulation and woodwork. Find out how old the roof is before you buy, as older roofs will need to be replaced, costing a new buyer more money.

### Plumbing problems

Run the taps to check the water pressure. Water flow should be constant. Find out if the pipes are insulated. In colder climates, pipes can freeze and crack, causing a flood when thawing. Also check that the pipes are not made of lead. Although new houses are unlikely to have lead pipes, older houses may still have these and should be replaced.

If the house has gas central heating, check that the radiators work and find out how old the boiler is. Make sure this is checked, as the type and location of the boiler is regulated for safety reasons.

### Insulation efficiency

For optimal energy efficiency, a home should be insulated from the roof to the foundations. Insulation prevents heat and cold from escaping, and can be applied to a number of places in the house including interior and exterior walls, loft spaces, and windows. Ask what the house energy rating is and check for gaps, cracks, and drafts.

### Expert inspection

Have a home inspection conducted by a qualified professional. Such a person can provide detailed information about the house's structure, stability, energy efficiency, and land position, and can highlight issues that you may not identify during a walkaround. Having an expert check over the home is the surest way to know if you should move forward with a home purchase. ■



## housing checks

- > Recognize a roof in need of repair.
- > Don't judge a room by its paint job.
- > Check behind the scenes.
- > Investigate wall cracks.
- > Buy a well-insulated house.
- > Request an appraisal or survey.



ساعد هذا الطائر في  
العثور على منزله.

Help this bird find  
her way home



اعثر على الكلمات في المربع أدناه. الكلمات مكتوبة  
من اليسار إلى اليمين ومن الأعلى إلى الأسفل وبشكل مائل.

Find the words left to right, top  
to bottom, and diagonal.

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CEILING	FOUNDATION	INSULATION	STRUCTURE
CRACKS	FRAMES	MOISTURE	SURVEYOR
DAMP	GUTTERS	PLASTER	WINDOW
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All entries must be received by April 23, 2020.

يجب تقديم جميع المشاركات بحلول 23 أبريل 2020.