

Panorama

A Saudi Aramco Publication | Issue I - 2023

Grill safety 101

Enjoy barbecues safely

Purchasing the perfect car

Your dream ride awaits

The psychology of color

Influencing mood, behavior, and perception



Panorama

Issue I - 2023

To submit a request for articles
or comments, please email
panorama@aramco.com

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On the cover, and pages 6 and 7:
Rakan D. Zubaidi, Hamad A.
Altammami, Carlos V. Cid Antonio,
and Ameenah J. Dossary.

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

Contents

- 02** Home away from home
- 04** Stars of safety
- 05** Tech for today
- 06** Grill safety 101
- 08** Purchasing the perfect car
- 10** The psychology of color
- 12** Lotion devotion
- 14** Room to grow
- 18** Viewing contacts

Home away from home



Renting a holiday home for vacation has become increasingly popular. They are frequently less expensive than hotel rooms, but with rival standards of comfort and housekeeping. Renting brings the best of both worlds – flexibility, privacy, and value for money – especially for large groups or families.

The type and variety of holiday homes available have expanded significantly. Platforms such as Airbnb, Booking.com, and Vrbo offer rentals to suit every budget – all from a laptop or smart phone. To ensure the best stay, follow some simple guidelines.

Location

When heading away to experience sites and attractions, make sure the accommodation is close by, or plan to hire a car. If you don't want to drive, make sure local public transport is available.

Be aware that many rental platforms don't provide an exact address until a booking is confirmed. However, you can check with the host if the location is near sites you'd like to visit, or a public transport stop.

More than photos

It can be tempting to look at photos of a property and decide it's the right place based on looks alone. Take time to read through all the information that is provided to manage expectations and make an informed decision. Booking a beautiful place that ticks all the aesthetic boxes and then discovering it doesn't provide Wi-Fi may be either a blessing or an unpleasant surprise.

Booking with confidence

Use booking platforms with a solid track record. These are often bound by consumer guarantees, created to protect consumers from false or misleading claims in advertising. Check the site's reviews – both positive and negative. Vacation rental fraud and scams do occur, so look for a platform that has a trusted process for verifying homes and hosts.

Use credit cards for bookings and all other payments where possible. They provide clear traceability and some protection against fraud. Avoid requests for direct bank transfers as payments.

Managing expectations

Like hotels, vacation rentals range in quality and amenities — from trailers and tree houses to mansions and villas. While each host has a vested interest in making sure their property is as comfortable as possible, it is the renter's responsibility

to know what they have signed up for. Read the rental description carefully, and check which amenities are provided.

If your vacation group has specific needs, make sure these are stated upfront and confirmed well ahead of time. Even if the accommodation states that a requirement is included, it is best to ask directly and receive written confirmation. Contact the host with any questions you have about what's available. Hosts are usually more than happy to answer questions, and prefer this to ensure everyone is clear on expectations and amenities.

Property problems

If there is an issue with a rental whether on arrival or at any time during the stay, contact the host right away. Functional issues, such as no hot water, need to be resolved as soon as possible. Most hosts are glad to know of any mishaps as soon as possible so that repairs can be actioned.

If the issue relates to a misrepresentation of the property rather than a functional problem, refer to your booking details and correspondence before contacting the host. If necessary, contact the booking platform's customer support. Most have guarantees and helplines to provide support if anything is misrepresented.

Rules and regulations

Holiday homes have policies about occupancy, minimum age requirements, check-in and check-out times, cancellation, and whether pets are allowed. Some requirements can't be changed, while others are flexible. Understand these before booking to avoid incurring extra fees or losing a deposit, and make sure all guests staying in the property are aware of the rules too.

A time-honored code is to take care of the property you are renting and leave it in the same condition as you found it. When checking out, follow

the guidelines requested by the host. Be mindful about groceries – most hosts prefer the fridge and pantry to be cleared when checking out.

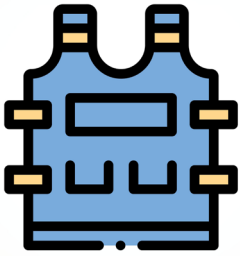
Feedback

Leave honest reviews about your experience – online or in the visitor's book. Give credit to great hosts and homes, or highlight where things could have been better.

Holiday homes can provide the best of both worlds on flexibility and comfort. To make the most of your time away, think about what you want in a rental home to find your ideal place. ■

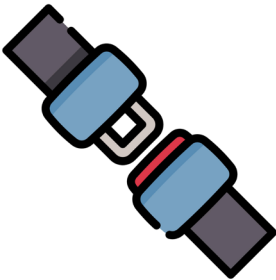


Stars of safety



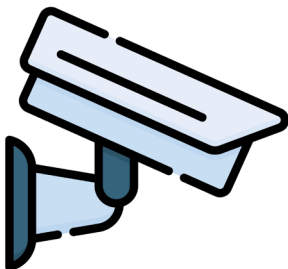
Stephanie Kwolek

Stephanie Kwolek was a Polish-American chemist who invented Kevlar, a lightweight, flexible, durable, and incredibly strong material. Kwolek was looking to create a lightweight alternative to steel for use in car tires when she discovered aromatic polyamide fibers that were both five times stronger than steel, and with a fifth of the density. This material, later named Kevlar, is now used in a variety of products, most famously in bulletproof vests, but also in helmets, safety harnesses, and brake pads, and has saved countless lives.



Nils Bohlin

Nils Bohlin was a Swedish engineer who invented the three-point seat belt, regarded as one of the most important safety inventions in the history of automobiles. Unlike earlier seat belts that only went across the lap, the three-point seat belt secures the chest, shoulder, and pelvis, which helps to spread the force of a collision across a wider area of the body. Bohlin's invention soon became the standard and it has been estimated to have saved over one million lives in the United States since its invention.

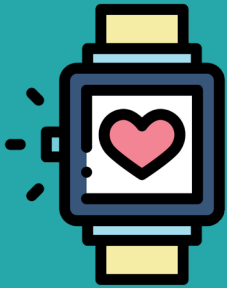


Marie Van Brittan Brown

Marie Van Brittan Brown was an American inventor who invented the first modern home security system. Brown lived with her husband in a neighborhood with a high crime rate, and the two worked irregular hours, leaving her alone at home at night. This inspired her to develop a closed-circuit television system with a two-way microphone that allowed homeowners to monitor their front door and communicate with visitors. Brown later expanded on her invention by adding a remote-controlled unlocking mechanism to the front door.

Tech for today

Health watch



Health monitoring and medical alert systems have been around for decades, existing in specialized devices marketed toward senior citizens and people with disabilities. But with the growing popularity of smartwatches, these functions are now commonly integrated, allowing wearers to monitor health metrics such as heart rate, blood pressure, oxygen levels, and sleep patterns. Some watches can alert first responders or family members if they detect medical emergencies, such as falls and sudden changes in vital signs, and use GPS tracking to enable healthcare providers to locate patients quickly.

Water on the go



Access to clean water is vital, but is not always a given. Millions of people around the world lack access to clean water, while campers, backpackers, and travelers passing through remote areas have to rely on a limited supply. Recent advancements in water purification and filtration systems have led to the development of portable water purifiers, such as water bottles and drinking straws, compact and lightweight enough to carry with you wherever you go. These products remove bacteria, parasites, and other contaminants from water sources you may encounter on the go, such as lakes, streams, and puddles, making them ideal for use in emergency situations.

Grill safety 101



A barbecue is something that can be social, and relaxing, but can be dangerous if you don't follow some basic safety practices. Doing so will ensure that a good time is had by all, and – most importantly – that everyone ends the day safely.

Between
2014 and 2018,
20,000
grill-related injuries
resulted in emergency
room visits in the U.S.

Be prepared

The first rule of any activity is to be prepared. Before using a grill, make sure you know how to use the fire extinguisher, and if using gas, always know where the shut-off valve is. Before switching on the gas, make sure the gas hose is in good condition and that there are no leaks from the connections or piping.

Clean your grill

Remember to clean your grill after each use. Food and grease build-up and debris – such as insects and leaves – can be a hazard as they can catch light, or potentially cause food poisoning the next time the grill is used. Clean all areas of your grill, including the handles, vents, and burner tubes.

Over-stacking a grill can cause food to cook unevenly, so keep the amount of meat on your grill to about half the size of the grates.

Stand back and keep stable

Always maintain a safe distance from the grill when cooking. Burning materials can emit fumes that can irritate your eyes, nose and throat.

Always ensure that a grill is stable and not moving or rocking. If using a grill on an unstable surface, it can tip over and you or others around you might get burned. It is important to make sure that it's placed on a stable surface.

If you don't have a suitable surface, consider using a barbecue mat or similar product to place your grill on.

**Children under five
make up**

39%

of burn patients

Gas grills

account for

84%

**of home grill
fires in the U.S.**

Never leave a grill unattended

No matter what is happening around a barbecue – if you are the grill master, remember to stay put. Consider any grill or barbecue a fire hazard and a potential source of harm. If you are in charge, never leave the grill, and make sure children are kept away.

Lighting a grill with a closed lid can cause a gas buildup – which is dangerous. To prevent this, always keep your lid open when lighting it.

Don't apply lighter fluid to hot coals

While useful, lighter fluid is flammable and therefore dangerous. To keep your grill safe, pour lighter fluid on coals before lighting them. It helps prevent flare-ups from fuel combustion and keeps the temperature stable.

Shut down properly

To protect yourself against any dangers, be sure to disconnect the gas tank and move it out of the way when finished using the grill. Make sure that all valves have been closed tightly. For charcoal fires make sure there are no burning embers and that the fire is completely extinguished. ■

Purchasing the perfect car

A vehicle is one of the most expensive purchases a person can make, and it is essential to pick the correct one. Consider following this guide when searching for the perfect car.

Top of the list to consider is lifestyle needs. The number of passengers and terrain being driven on will identify the vehicle best-suited to meet your needs. Large families need larger vehicles, such as minivans or SUVs, while individuals and smaller families might prefer to save on fuel with a sedan or hatchback model. Outdoor enthusiasts might opt for a four-wheel drive vehicle to handle rough terrain, whereas two-wheel is a more suitable choice for city-based drivers.

Fuel efficiency should also be a consideration. Electric cars are powered by batteries and have a high-voltage electrical system, while hybrid vehicles use gasoline and electricity, making them very fuel-efficient to run. These cars use a number of advanced technologies such as regenerative braking,

electric motor drive/assist, and automatic stop/start technology.

Think about what features are “must-haves,” and which are “nice-to-haves.” Safety and security features such as airbags, anti-lock brakes and automatic emergency braking should be a top priority, while others such as smartphone connectivity, navigation systems, proximity key, and heated seats are less essential. The *U.S. National Safety Council* website mycardoeswhat.org provides a full description of all the safety features available in new cars.

When setting a budget, consider not only the price but also fuel efficiency, maintenance, and insurance costs. If financing is being used to purchase a car, be sure to consider household expenses, and whether a down payment and monthly

payments are affordable.

When purchasing a vehicle, research is essential. While this can sometimes feel overwhelming, there are plenty of resources available to assist you in your search. Websites such as Edmunds, YallaMotor, and Consumer Reports offer detailed information on vehicle models, pricing, reviews, and rankings. With some careful research, finding a car that meets your needs and budget is possible.

Don’t forget to consider both new and used vehicles. A used vehicle can offer better value, but might not be in the best condition. If planning to buy used, have a mechanic inspect the vehicle before purchase, and use online tools that generate history reports using the vehicle’s identification number where possible. These include



details such as maintenance and warranty records, accident history, number of previous owners, odometer readings, and the vehicle's estimated price.

Once a car has been selected, take it for a test drive. Try it out on different road types and surfaces, busy roads, steep hills, bumps, and corners. Remember to try different speeds and driving modes, check the brakes, and test the technical and safety features.

Pay attention to performance, handling, responsiveness, and the comfort of each vehicle before making a final choice. Purchasing a vehicle is a significant investment and proper testing is critical in making the correct choice.

When considering financing a purchase, it's important to know the options and understand the process. There are several types of financing available, including dealership financing, auto lease financing, and personal loans. Conduct research and compare loan terms to figure out what fits your budget best.

Financing comes with its own benefits and drawbacks. It allows buyers to purchase a car immediately without cash on hand, while also building a credit score. On the other hand, with interest and depreciation, financing can lead to paying more than what a vehicle is worth in the long term.

Finding the right car can be challenging, but with these tips, the experience can be easier. Happy car shopping, and remember to drive safely. ■

A guide to purchasing the perfect car



Consider your lifestyle needs.



Set your budget, factoring in fuel efficiency maintenance, and insurance costs.



Use research tools to narrow down your search.



Take the car for a test drive.



If buying a used car, have it inspected by a mechanic and check its history.



Look into different financing options.

Buy vs lease

	Buying a car	Leasing a car
Definition	You own a vehicle after paying for it. This can be done in cash, or through an instalment with a bank.	You pay to lease the car for a specific time period. At the end of the lease it must be returned, or a lump sum payment can be made to purchase the remainder of the cost of the vehicle.
Benefits	Complete ownership.	<ul style="list-style-type: none">• Lower monthly payments compared to instalments.• Maintenance can be included in lease agreement.



The psychology of color

Red as a sign of danger, and green as safe to proceed, are so ingrained in our everyday life that it can be easy to overlook the importance of color in shaping our lives. Colors affect mood and behavior, and play a part in the clothes we wear, the way we decorate our houses, and even the food we eat.

Consider how much color is part of the English language. When we “see red” we are angry, when we’re “feeling blue” we’re sad, when you “look a little green” you appear sick, but when you’re “in the pink” you’re happy and healthy. We also choose colors to reflect our personality in the clothing we wear and the cars we drive.

With color being such a complex and overwhelming part of our existence, we can make our lives more comfortable by understanding their importance and harnessing the psychology of color.

Painting the walls of a home light shades can help to promote happy feelings. This is because these colors make it easier to recognize happy facial expressions, and harder to recognize sad ones. Painting a room green can also make it feel more peaceful through the association of green with contentment, nature, and freshness.

The color green also emphasizes positive emotions, while red has the opposite effect. There is science behind the psychology of how color affects people. For example, during displays of aggression, the rise in testosterone levels can lead to reddening of the face, and in some animals the dominant male shows the reddest coloration. Studies have even shown that participants who wear red in sports such as boxing or martial arts are more likely to win than an opponent wearing blue.

When it comes to food, restaurants and fast-food outlets use color to influence diners. The *Food Matters Live* website says, “Bright red for instance, excites and stimulates the appetite and encourages people to eat more; green imparts a feeling of cheerfulness and a relaxed atmosphere, while fast-food chains use orange in their restaurants, along with yellow to encourage people to eat quickly and leave.”

The way food is served also makes a difference. Blue is recognized as an appetite suppressant, so blue plates can help reduce the amount eaten, and it has also been found that people eat smaller portions if there is a significant color contrast between the food and the plate. So, people will eat less pasta or rice if served on a black plate rather than a white one.

Color is used by brands, restaurants, and gyms in an attempt to influence buying, eating, and exercise habits. That concept can also be applied to our homes and possessions to reflect our personalities and to make the spaces we live in more welcoming. The psychology of color has many universal reactions, but it is also shaped by our experiences. We make our environments personal through the ways we apply color, and use it to present ourselves to others. ■

The symbolism of color



Red: Intense emotional color. Symbolizes anger and danger but also love, strength, and confidence.



Orange: A color of encouragement, optimism, and self-confidence. Symbolizes kindness and hope.



Yellow: Color of the mind and the intellect. Symbolizes reason, peace, and hope.



Green: The color of nature, but also the color of money. Symbolizes growth, freshness, and contentment.



Blue: The color of trust, serenity, and peace. Symbolizes reason, wisdom, and feelings of relief.



Purple: The color of imagination and opulence. Symbolizes glamour, nobility, and mysteriousness.

**" We choose colors
to reflect our
personality in the
clothing we wear and
the cars we drive "**





Lotion devotion

For many, a healthy skin regime starts with good lotion, but finding the right product can be a challenge. Everyone is different; some may react to a certain ingredient, others may overuse a product, or use it incorrectly. Even a healthy skin requires lotion, but perhaps not every day or extensively.

Not all lotions are created equal and checking the type of lotion (e.g., cream, gel, etc.) and ingredients are a good place to start when choosing a product. With dry skin, the top layer loses moisture, usually due to conditions in the environment or frequent bathing. Lotions form a barrier to protect skin and hold the moisture in, and can also transfer water and vitamins into the skin as it is absorbed. Most dermatologists recommend using some kind of lotion or moisturizer on a fairly regular basis, especially on areas of the skin that tend to become dry or itchy such as knees, elbows, and hands. They also recommend using a sunscreen of at least 15 SPF when outside.

When shopping, check the ingredients. An oil or butter should be listed as one of the first three on the list. Most lotions have water as the first ingredient with an oil or butter as a second. The water helps smooth out the solution and make application easier. Thicker lotions and body butters tend to be more effective and longer lasting than thinner, more watery lotions.

If the ingredients are a concern, there are plenty of unprocessed creams that can be used in place of processed lotions. Natural products have been used by people for centuries, and might even be edible. Aloe vera coconut oil, and shea butter are some of the most common. They can be found online, in some pharmacies and natural health stores. Look for products with 100% natural labels. These items are not as shelf-stable as manufactured lotions, and must be used sooner than processed lotions.

Be aware that face and body creams are different. The skin on the face, especially

around the nose, mouth, and eyes, is often thinner and more sensitive than the soles of the feet. Applying body lotions to the face can cause breakouts, clogged pores, and irritation.

If irritation, redness, or a rash occurs, stop using the product immediately. These are signs of a reaction to one of the ingredients. The most common irritant in lotions is fragrance. People with sensitive skin should sample products before purchasing larger quantities, and look for products that are described as "for sensitive skin."

It is possible to apply too much lotion. The skin is only able to absorb so much. Overapplication can cause oversaturation and make skin appear dull. It also stops the skin from producing its own healthy oils. Follow the directions for use on the bottle, usually no more than a pea-size amount for most areas. Some dermatologists recommend only using lotion on skin that is dry and itchy, rather than full coverage at all times. ■

" Lotions form a barrier to protect skin and hold the moisture in "

Make the most out of your lotion

Use natural lotions if irritation occurs

Use SPF 15 or higher when outdoors

Thicker lotions are more effective

Oil or butter should be listed

Do not apply too much

Sample before use



Room to grow


Urban living provides opportunities for employment, education, housing, and better standards of living and health. Yet, with these benefits also come challenges. Population density, pollution, and climate change means there is an increased focus to make cities healthier and more breathable. One way of doing this is by making the most of public spaces.

Urban planning includes integrating green spaces to promote a natural environment within a dense urban area. These spaces include parks, community gardens, living roofs, sky gardens, and vertical garden “walls.” Their aim is to improve the health of people and the planet. Green spaces improve air quality, reduce noise, enhance biodiversity, moderate temperatures, and provide cool and shaded areas.

Urban heat island effect

Urban heat islands occur in urban areas as a result of human activity. The heat generated by people, transport, shops, and industry is trapped in roads and concrete structures. Unable to escape into the atmosphere, temperatures in these areas can be 3 to 4 °C (5.4 to 7.2 °F) higher than the surrounding countryside.

Green cover – also known as tree canopy – is a form of green infrastructure that provides shade, reduces ambient temperatures, and mitigates the urban heat island effect. Open spaces provide natural cooling of air and surfaces, while vegetation in these areas absorb heat. They also absorb carbon dioxide, helping to offset greenhouse gas emissions. »



Shinrin-yoku is
the practice of
forest bathing
– a solution to
tech burnout
widely practiced
as a source of
well-being.

Green roofs

A green roof is an integrated roof system that is essentially a lawn on top of a building. It can extend to shrubs and small bushes. They provide temperature and noise insulation internally and cleaner air externally, while also acting as a buffer for rainwater runoff. However, these are heavier than normal roofs and need a reinforced design to support the weight of soil, plants, and water.

Parks and open spaces

Parks and green spaces provide a variety of health benefits by promoting physical activity, connection to nature, and opportunities for community engagement. Research has shown that green spaces are associated with improved physical and mental well-being when compared to synthetic and built environments.

Attention restoration theory suggests that continuous focused thinking is mentally draining, and that time in nature provides a restorative sensory environment that alleviates this fatigue. The biophilia (love of living things) theory proposes that humans have an innate connection to nature and other life forms – possibly from our evolution as hunter-gatherers when we both lived in, and through, the environment.

Bringing greenery inside also has benefits. A study conducted by *Harvard University* across 10 high-performing buildings over five U.S. cities found that working in green-certified office spaces brings a 26% boost in cognition, 30% fewer sickness-related absences, and a 6% rise in sleep quality.

Dr. Matilda van den Bosch, assistant professor at the *University of British Columbia* in Canada says “What we need is [...] an effort to recognize that green spaces are vital for everyone, and that everyone should feel the benefit.” ■





Sky gardens are grown on, balconies, public spaces, and rooftops. They improve air quality, increase energy efficiency, and reduce heat.

Viewing contacts

Millions of people use corrective lenses, with contact lenses one way to adjust vision. When choosing to wear contacts, have a conversation with an eye care professional, as these are not suitable for everyone. It's important to only get contacts after an eye exam confirms that they will meet your needs. A prescription for contacts is also different from that of glasses and requires a professional exam.

Wearing contact lenses is not giving up on glasses. The majority of wearers have their glasses on hand at all times in case they need to take their lenses out, or just don't feel like putting them in that day. Contacts improve periphery vision, and allow wearers to use higher-powered sunglasses and participate safely in sports, including swimming if goggles are worn. However, they can increase the risk of eye strain for wearers who look at computer screens for long periods of time.

As these are a medical device that sits directly against the eye, it is important to get contacts that fit the lifestyle of the wearer. There are many options that range from the material used to duration of wear and replacement schedule, with daily or weekly-wear soft lenses the most common.

Contact use requires following some basic safety practices, such as washing and thoroughly drying hands before inserting

them, cleaning the lenses with sterile saline solution, and storing them correctly. Wearers should also clean hands before handling lenses if they have been handling spicy food, or cleaning agents. For these reasons, contact lenses are not recommended for children, who may not follow a regular cleaning routine.

First time wearers should start slowly to allow their eyes time to adjust to lenses. Start with only four hours a day, and work up to longer wear. It will take time to get used to wearing lenses, but if there is acute discomfort, remove them and contact an optician. Remove lenses if they are causing pain, redness, extremely dry eyes, inflammation, or other problems.

Create good habits when using contacts. Inspect each lens before insertion to make sure there are no tears or rips, as these can scratch the eye. For make-up wearers, put the lenses in first, and then apply make-up. Some wearers may need to change make-up to oil and fragrance-free products.

All contacts should be removed at night before sleep. Sleeping with contacts increases the risk of a bacterial or viral eye infection, inflammation of the cornea, and the cornea growing additional blood vessels. Daily lenses can be thrown away. Lenses for repeat wear need to be carefully removed,

cleaned, and soaked in a solution overnight. A case is used to store and soak lenses overnight. As some people require different lens strengths for each eye, the cases are marked "L" and "R", so that users know which lens is which.

Contacts may not be the correct choice for people with frequent eye infections, certain types of vision issues, extremely dry eyes, or other vision conditions. Wearers should carry eye drops to deal with any dryness.

Using contact lenses for corrective vision is a personal choice that can offer many benefits. Following the instructions for good care and getting the correct lenses is an important part of this decision. ■

" Create good habits when using contact lenses "



Types of contact lenses

Soft lenses

are made of flexible and breathable plastics. They are the most popular type, as they are comfortable and come in a variety of options.

Gas permeable lenses

are made of hard material that allows more oxygen to reach the cornea. They are more durable than soft lenses.

Hybrid lenses

are a combination of soft and gas permeable lenses, with a gas-permeable center and a soft lens rim for added comfort.

Toric lenses

are designed for people with astigmatism, and have different powers in different parts of the lens to correct the irregular curvature of the cornea.

Multifocal lenses

are designed for those with presbyopia, and have different zones for near, intermediate, and far vision correction.

Scleral lenses

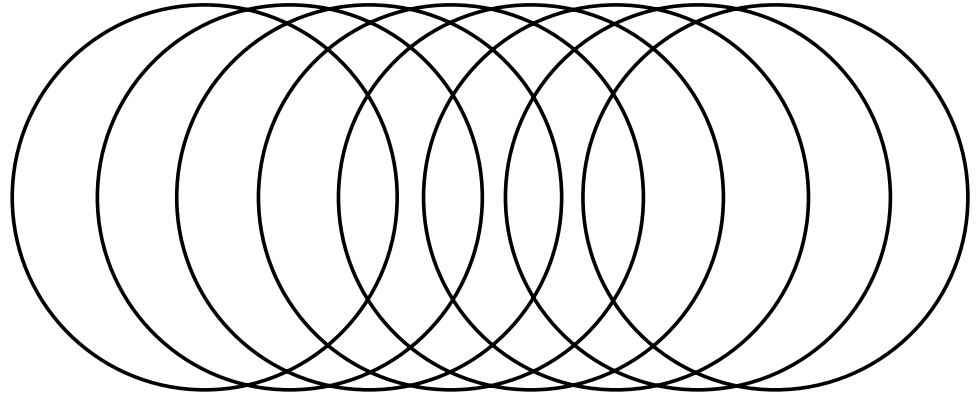
are large-diameter lenses that cover the entire cornea. They are used for irregular corneas, severe dry eyes, and other eye conditions.



لعب

كم دائرة ترى؟

How many circles can you see?



الحل:

Answer:

8

سودوكو

Sudoku

	4				1			3
				5			7	9
5	6				2	8		4
1			2	7			8	
	8	2				9	6	
	3			1	8			7
3		6	1				9	8
4	7			8				
8			5				4	

الحل:

Answer:

8	2	9	5	3	7	1	4	6
4	7	1	6	8	9	5	3	2
3	5	6	1	2	4	7	9	8
6	3	5	9	1	8	4	2	7
7	8	2	3	4	5	9	6	1
1	9	4	2	7	6	3	8	5
5	6	3	7	9	2	8	1	4
2	1	8	4	5	3	6	7	9
9	4	7	8	6	1	2	5	3

هل تريد أن تظهر في مجلة بانوراما؟

ارسل اسمك وموقعك ومعلومات التواصل وصورة لك
على الإيميل: panorama@aramco.com

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