

# panorama

## fun and games

gaming safety in a digital age

## overcome a fear of flying

hit the skies with confidence

## boating basics

keep the wind in your sails

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

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## on the cover

Ahmed, 10



Loss Prevention, Department  
Building 3150, LIP  
Dhahran 31311, Saudi Arabia

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# jumping back from injuries



Trampolines are great fun and can be a good form of exercise for both children and adults. Unfortunately, trampolines can also easily cause injuries and if you're considering purchasing one, you will want to keep these safety tips in mind.

When buying a trampoline, be sure to research all of the different models available. Models with safety pads that cover all the springs, hooks, bolts, sharp edges, and frame are best.

If the trampoline doesn't have padding, buy and use a frame pad that covers the entire area of the spring system. Purchase a model with a safety net that goes all around the edges to ensure that no one can fall off or jump off the edge. Also, be sure to look for models that are closer to the ground as this reduces the height of a fall in case someone does happen to fall off.

Before anyone gets on, always check the trampoline for holes or any other damage, and ensure that the leg braces are locked in place. Weather conditions can affect trampolines, so always make sure that you check for rust or water damage.

Explain trampoline safety rules to your children and their friends before jumping and always ensure that they are supervised.

Make sure that there is only ever one jumper on a trampoline at a time, as nearly 80 percent of injuries occur as a result of multiple jumpers.

Children younger than six years should not use a trampoline as they are most at risk of injuries. Make sure that kids are fit to jump before letting them jump.

Each year, thousands of children are injured on trampolines, with a study from the Journal of Pediatric Orthopedics noting that more than one million people in the U.S. visited emergency rooms for trampoline-related injuries between 2002 and 2011. Almost 300,000 of these injuries involved broken bones.

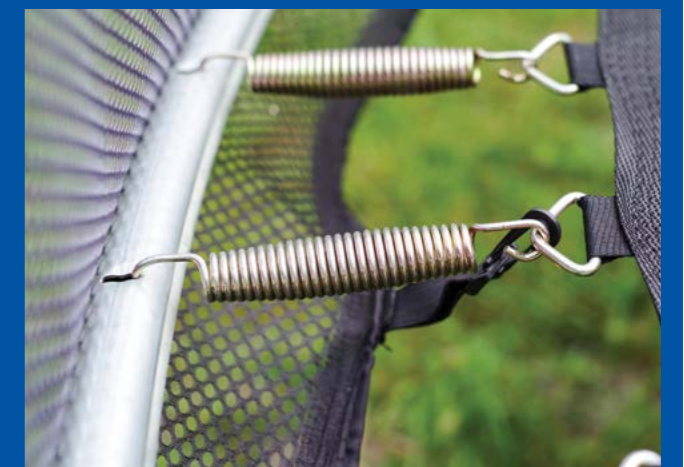
Injuries occur on all parts of the body, but most commonly to the legs and arms. Neck injuries are less common but are more serious and usually occur when children try to do flips and then land on their head or neck.

Teach your children how to use a trampoline safely, so that they have a fun and safe time, every time. ■

## always set up trampolines in the safest area possible

The area should:

- > Be on level ground.
- > Be clear of potential hazards, such as fences, trees, or other playground equipment.
- > Be on a soft energy-absorbing surface, such as fine sand or wood chips.



# microwave oven safety 101

Microwave ovens have become an essential part of our lives and provide a fast and efficient method of heating and reheating food and drinks. Despite this, people do not always operate them safely.

Microwaves are used to defrost, reheat, and cook foods but often heat items unevenly, leaving areas where harmful bacteria can survive. At the same time, they can also lead to overheating and burns. To prevent this, foods should be stirred often while cooking and temperature-tested before eating. Many microwaves also have rotating plates that ensure foods are cooked evenly.

Many people boil water in a microwave oven but are not aware of the potential hazards of superheating. Superheating is when any heated liquid reaches a boiling point but does not bubble. When this happens, any movement will cause the liquid to violently boil over and can cause serious harm. When heating any liquids in a microwave, always be sure to put something inside of the cup, such as a wooden stirring stick, tea bag, or sugar to reduce the risk. Be sure to always heat foods and liquids for the time recommended by the recipe or manufacturer. Some foods, such as marshmallows or other sugary items, have a tendency to catch fire if overheated.

To avoid any burns, be sure to leave a small portion of a container uncovered while heating – this will prevent a build-up of steam in the container. Once heating is completed, let the container stand in the microwave for at least 30 seconds and remove it with a cloth or cover, while ensuring it remains well away from your face and body.

Only ever operate a microwave when heating food or liquid. Turning on an empty microwave, or using it while metal objects such as spoons and forks are inside, can cause electrical shortages and fires. If a fire does start in your microwave, keep the door shut and unplug the appliance immediately, if it is safe to do so. If you open the microwave door, oxygen flowing in will only fuel it more.

Most importantly, never let a child use a microwave unsupervised. ■

To avoid any burns, be sure to leave a small portion of a container uncovered while heating – this will prevent a build-up of steam in the container.

# overcoming a fear of flying

Many people travel abroad on vacation and while traveling is fun, it can also mean anxiety for anyone who is afraid of flying.

There are several strategies for coping with a fear of flying, beginning with exercises before boarding and strategies while you are on board. If you are nervous about an upcoming long-distance flight, try and calm your fears by taking a short flight to a nearby city, or visit the airport to become familiar with its surroundings.

Practice deep breathing and other relaxation techniques and get plenty of rest leading up to your flight.

When checking in, request a seat at the very front of the cabin. This will ease your fears, knowing that you can exit quickly in case of an emergency.

When boarding the flight, don't hide your concerns – speak to a gate agent or flight crew member and let them know of your phobia.

Try and keep your mind occupied by watching movies, or listening to music. Avoid coffee and other caffeine products as this can add to nervousness. ■

There are several strategies for coping with a fear of flying, beginning with exercises before boarding and strategies while you are on board.

## rubber band technique

Wear a colorful stretchable band on your wrist. Repeat positive, stimulating phrases such as:

- > I'm brave I can do this.
- > I will have a great time on my vacation.
- > While repeating these phrases, snap the rubber and against your wrist. This action will help you divert attention from your fears.



# tips for stress free travel

When you are planning a journey, there are always a few things you can do to make your trip more affordable.

## save 18-36 percent

When booking airline tickets, look to book flights departing on a Tuesday or Wednesday, as this can often lead to savings of between 18 and 36 percent.

## best deals

Most major airlines update their ticket sales on a Tuesday evening, and booking around this time increases your chances of landing a good deal.

## IP price raise

Most travel websites log your computer's IP address and will raise prices on fares you check regularly. When looking to get the best deal, search and book from different IP addresses.

Avoid problems on the ground by following simple steps:

## get in touch with your bank

Contact your bank and let them know when and where you'll be travelling. This will help ensure that your card isn't blocked in case of any unusual activity.

## keep contacts for lost/stolen cards

Have your bank's customer service number on hand in case you need to report a lost / stolen card while traveling.

## use the hotel safe

Be sure to lock away any valuables that you don't need while touring such as passports, credit cards, jewelry, and any other valuables.

## carry copies

Keep a color copy of your passport data page, visas, and other important documents separate from the originals in case of theft.

## wait to update

Your profile picture and background picture on most social media is visible to anyone. Wait to change them until you get home.



# boating basics: keeping the wind in your sails



Whether you're sailing with your family or cruising in a speedboat with your friends, a day spent on the water is a fun activity for everyone. But no matter how much experience you have, you should always be properly prepared.

There's no doubt about it - boating is fun, but boating safety isn't something you can leave on shore. Each year hundreds of lives are lost, thousands of people are injured, and millions of dollars in property damage is incurred worldwide due to recreational boating accidents that are preventable. According to the U.S. Coast Guard's Boating Safety Division, 70 percent of boating accidents are a result of mistakes made by the boat operator.

Develop a predeparture checklist and follow it each time you head out on the water. This is an excellent way to address boating safety rules and precautions. Take the time to prepare for any possible emergencies before departing and ensure you and your companions are safe. Make sure that everyone's personal flotation device (PFD), or life jacket, is in good condition and appropriately sized. In the past, life jackets were bulky and uncomfortable, but nowadays there are plenty of sleek and comfortable styles available for all shapes and sizes.

Wearing a life jacket is one of the easiest and most effective things you can do to be prepared when on the water. In 2015, 76 percent of fatal boating accident victims drowned, and 85 percent of these individuals were not wearing a life jacket. Operating or riding in a boat without a PFD is like riding in a car without a seatbelt – the instant you need one, it is too late.

Operate boats responsibly and with care. Share the water with other vessels as you would with other cars on the road. Keep an eye out for other boat traffic and pay attention to all safety warnings. Remember that boats

without motors (e.g. sailboats, kayaks) have the right of way over powerboats and always keep an eye out for swimmers, fishermen, and wildlife. Stay away from swimming areas – even canoes and kayaks can injure swimmers, and avoid boating too close to shore.

Be aware of any specific rules for your boating location and always know how to contact the authorities in case of emergencies. Check with your local Coast Guard or boating authority to ensure you are aware of all the rules in your area and find out if you need any specialized emergency beacons or other emergency equipment.

Wearing a life jacket is one of the easiest and most effective things you can do to be prepared when on the water.

Invest in training from a recognized organization such as the Royal Yacht Association or American Sailing Association. These organizations provide globally recognized training that is relevant for all skill levels. Once you have mastered the basics, continue your learning using additional courses, competitions, books, and experienced friends.

Following safety precautions and preparing for an emergency before setting sail often seems unnecessary, but remember that anything can happen when on the water. Prior to leaving shore, take the necessary precautions for your day on the water. ■



## sailing safety

When sailing, there are some useful things you can do to make your sailing adventures fun and safe.

### Choose calm, uncrowded waters

When learning how to sail, always practice in ideal conditions with light winds and low traffic.

### Follow the basics

No matter what your level of sailing expertise – always tell someone when you are heading out on the water and when you plan to return. Always wear a flotation device, and know how to swim.

### Capsize on purpose

Practice a capsizing scenario in a well-controlled safe environment. Learning from this experience will serve you well in the event of a real-life capsizing incident.

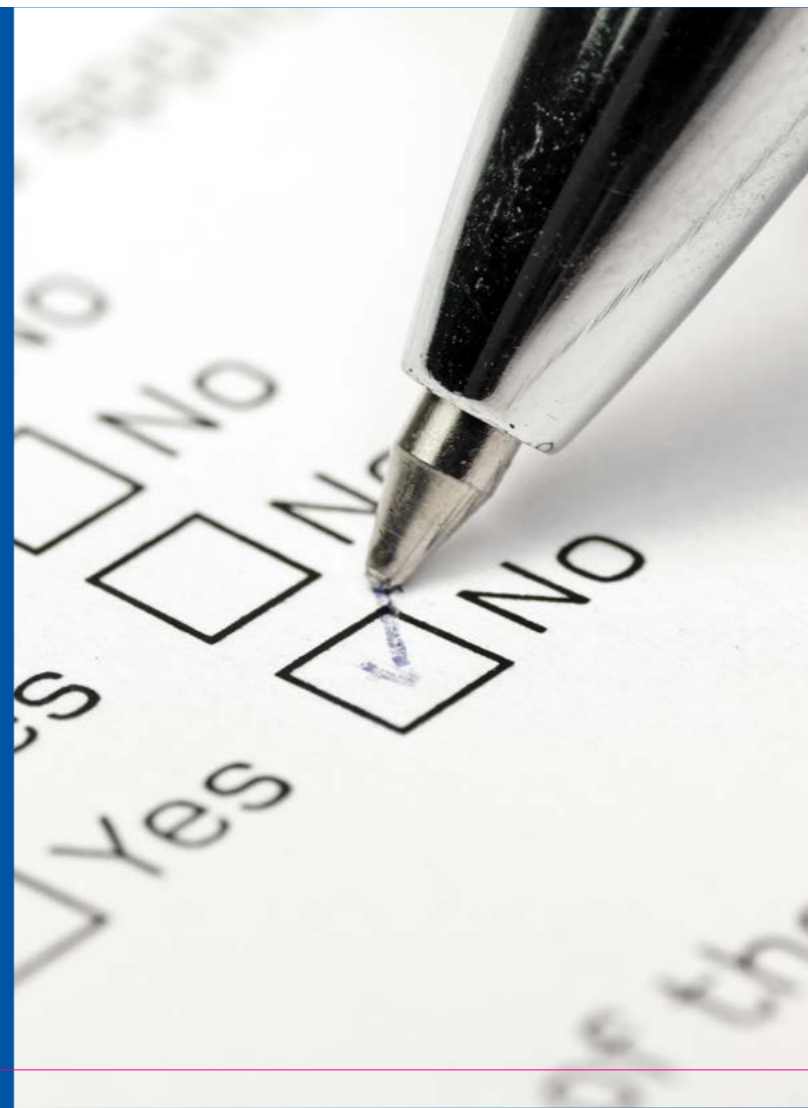
## pre-departure checklist

Make sure you have the proper equipment before heading out on the water. This includes:

- > Food and water
- > Maps, rescue equipment, and extra clothes.
- > At least one emergency communications device.
- > Any tools necessary for minor repairs.
- > A flashlight and spare batteries.

### Before you depart be sure to:

- > Conduct a prelaunch inspection of the boat.
- > Check the weather report.
- > Research the waters you plan to travel on before your trip. Also, plan alternate routes in case of unexpected conditions.



# ask our experts

> People often tell me to plan for my financial future. What are some of the things that I can do to be prepared?

Preparing for your financial future is different for everyone. Things often come along that change our future in significant ways, such as marriage, having children, buying a home, or starting a new job, but there are steps you can take to be prepared for the future.

Consider speaking to a financial planner to outline your budget and ensure you are making the best choices to manage your money. You and your planner should outline your financial goals and a plan to achieve them. If you want to take a cruise around the world, you'll need to figure out the best way to do this, while also ensuring you pay your monthly bills.

"A lot of times people are spending money they haven't earned yet," says Jesse Mecham, founder and CEO of You Need A Budget. "We want people to be in a situation where a dollar they spend today was earned at least 30 days ago."

"Family financial security requires more than just having enough money to pay regular bills and build savings; it also entails being prepared for the unexpected," adds Pew Charitable Trusts in a report released in 2015.

Preparing yourself for the ups and downs of life, especially financially, is always a good idea. Nobody is ever completely prepared for the unexpected, but financial stability will help ease any future stress.

The Vanguard Group, a U.S. investment firm, recommends that everyone builds an emergency "rainy day" fund to be prepared. This is money saved for when life takes an unexpected turn. Most experts recommend having three to six paychecks accessible at any time for unforeseen life events.

Speak to a lawyer to make sure all of your paperwork is in order in case something happens to you. Ask yourself questions such as: Who will look after your children if you have to go out of town for an emergency? Who can access your safe deposit box for important papers? A lawyer can help you plan for your future and draft the appropriate paperwork. Many legal firms will check in with you regularly to see whether paperwork needs updating. Also, be sure to tell your family where you keep these documents and what they cover. ■

## ask our experts

Have a safety question that needs answering?

email us at : [panorama@aramco.com](mailto:panorama@aramco.com)





Ahmed, 10

# not all fun and games

Gaming popularity is on the rise. Many of today's games are designed to help both adults and children develop creativity and problem-solving skills, and improved technology is helping them to forge new friendships all around the world.

In the past, games were largely a solitary activity but today's online community allows a gamer to be in constant contact with anyone through conversation or instant messaging. According to Big Fish, one of the world's largest game producers, over 155 million Americans play games on a regular basis with four out of five households owning a video game console.

Because engaging in online and app-based games makes it easy to be exposed to inappropriate content and contact with strangers, it is always a good idea to put safety first and use common sense when it comes to connecting digitally.

## Social and identity risks

Neither adults nor teenagers are immune to gaming threats.

Some social engineers use online interaction to take advantage of software weaknesses to capture personal information and steal people’s identities or credit card information. They can use information about you from your online game profiles to commit identity theft, create false accounts, or even access your financial information.

Users sometimes share private information with app developers which can be used for targeted marketing, or sold to other companies. Fortunately, there are easy ways to avoid this:

- > On your mobile device or tablet, be sure to delete any apps that you no longer use, as your data can still be shared with the app developer as long as it is on your device. Be sure to review all your apps and adjust your privacy settings.
- > Set the device to “airplane” mode if you don’t need to download content, or if you are handing it to a child. This guarantees that whatever game is being played is offline, ensuring that nobody else can connect to your account and that no purchases can be made without your consent.
- > For computer-based games, use a firewall and download reputable and up-to-date antivirus software. When signing up for a game, choose a username that doesn’t reveal any personal information about yourself and always select a secure password. Use a mix of numbers, special characters, and uppercase and lowercase letters. Avoid using any information that can be traced back to your actual identity, such as birth dates or family names.
- > Be careful when using unsecured Wi-Fi networks. It might be convenient to log on at a coffee shop or public area, but your device and personal information are more accessible to data thieves.



Be sure to review  
all your apps  
and adjust your  
privacy settings.

## Setting boundaries

It’s almost impossible for a parent to supervise their children online at all times. There are thousands of interactive online games and apps, and people all over the world are logging onto them on different devices including mobile phones, laptops, tablets, and gaming consoles.

If you want to confirm whether a certain game is appropriate for your child or teenager, be sure to review its Entertainment Software Rating Board (ESRB) rating. The ESRB is a self-regulatory organization that assigns age and content ratings, enforces industry-adopted advertising guidelines, and ensures responsible online privacy principles for computer and video games.

When it comes to keeping your children safe, Internetmatters.org, a U.K.-based nonprofit organization, outlines a number of useful tips, noting that nothing beats sitting down with your children and joining in a few of their favorite games to understand just exactly why they find them so much fun.

It says, “Find out what sort of games your children enjoy – do they prefer role-play games, sports games, strategy and quest games, or first-person action games? Ask who they play with online, who they meet and talk to, and what kind of language is being used in live chat. Gaming sites often have ways of reporting abusive chat and excluding antisocial players. Make sure your child knows how to do this.”

Talk about what games, and what level of interaction, are acceptable so that your child knows why some games are safe to play, while others are not. Agree on how long they’re allowed to play and teach your children to protect themselves. They should keep game friends in the game only, not add them to their personal social networks.

Explain the risks of sharing personal information, including identifying where they live or go to school, and explain what people online might do with that information. Even

children can have their identities stolen. Highlight the risks associated with sharing their personal thoughts and feelings to a complete stranger. Let them know that they can always talk to you if something doesn’t feel right.

Like any hobby, gaming can be safe when done in a responsible manner. Online shopping, banking, and gaming do have weaknesses but strong account security, along with knowledge and awareness of online hazards can keep all gamers – adults and children – safe. ■

### Is your child’s game appropriate?

Confirm whether a game is appropriate for your child by reviewing its Entertainment Software Rating Board (ESRB) rating.

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#### The ESRB rating system

Rating Categories





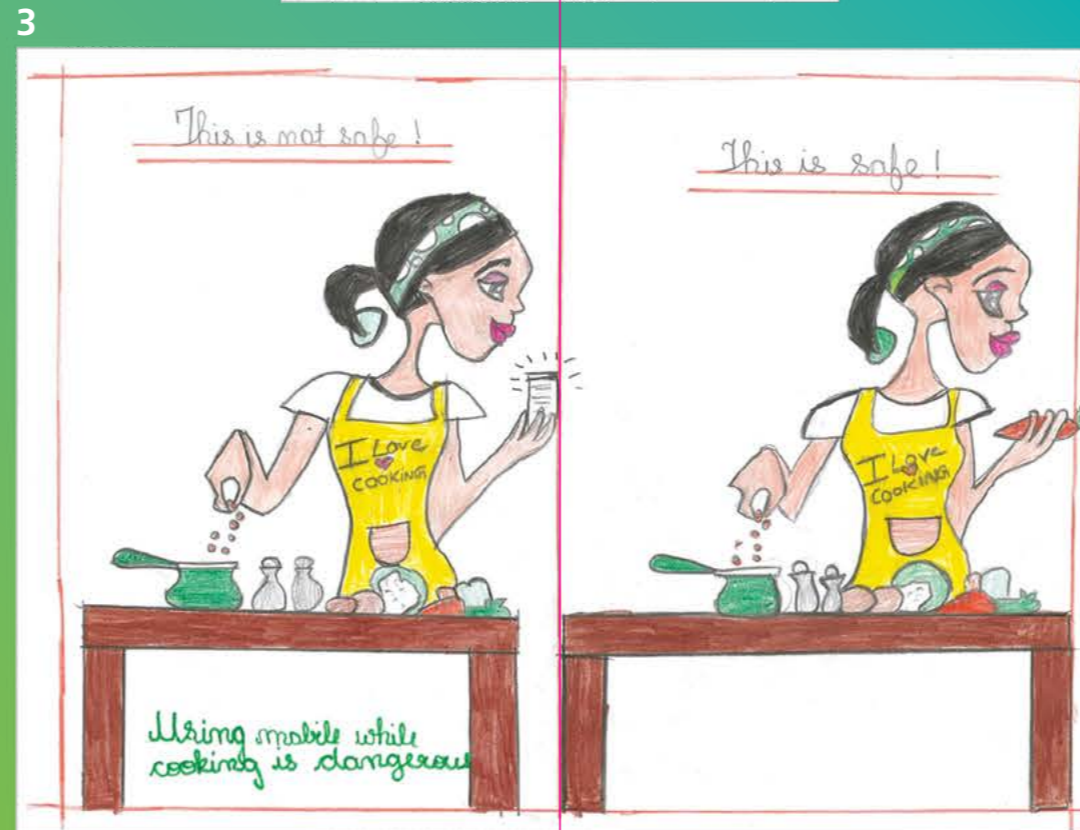
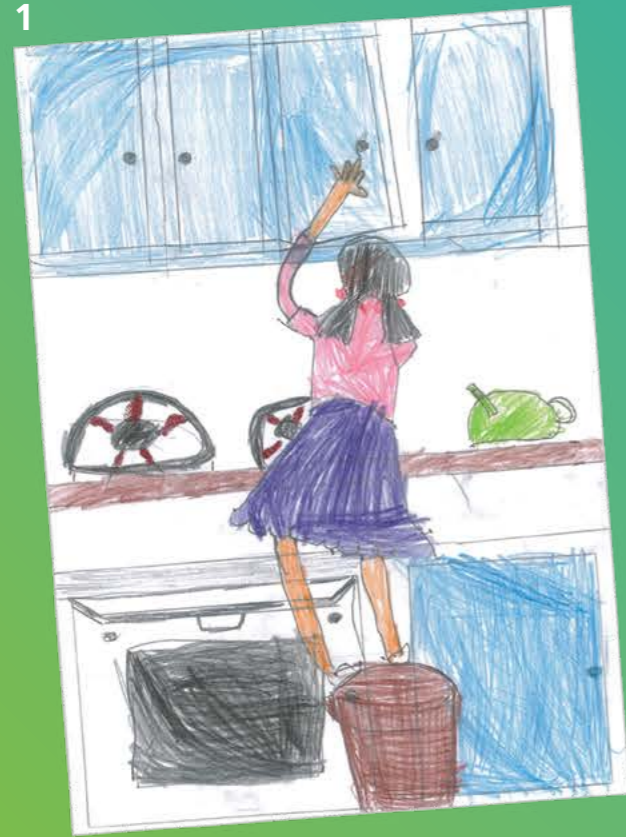
# safety star art

1, 2 Mahum - Age 04 | 3 Neha Bobby - Age 10 | 4 Rida - Age 06

# كن نجماً للسلامة



06 عمر - رضا | 10 عمر - نهدا بوبي | 04 عمر - ريدا



## send your art

If your child would like their art published in Panorama, please email us a jpg image to [Panorama@aramco.com](mailto:Panorama@aramco.com)

**Topic : Boat safety**

Please include your child's first name, age and parent's contact information.

## اسأل خبراءنا

إذا أراد طفلك نشر رسمته في مجلة أضواء على السلامة:

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