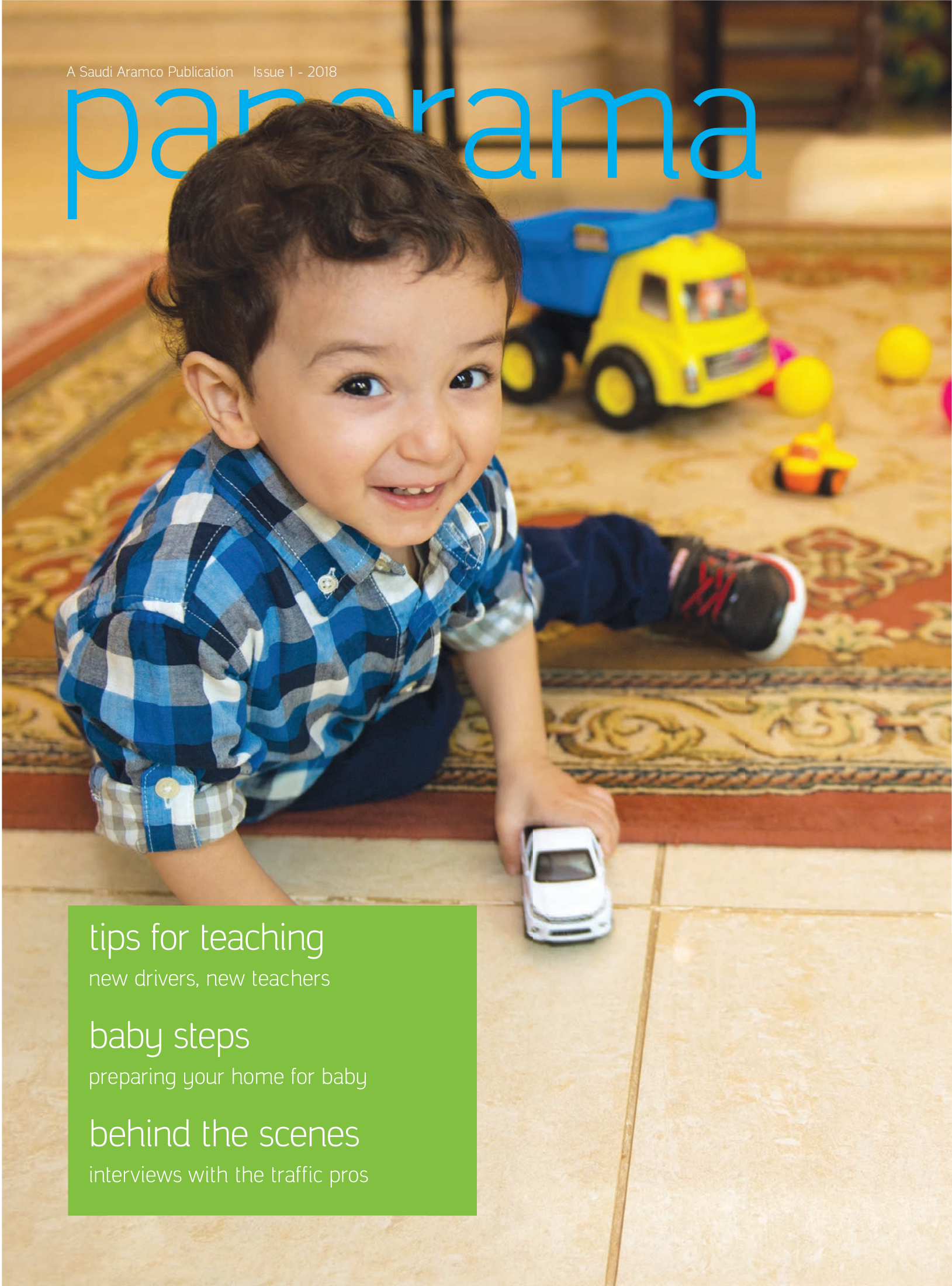


panorama



tips for teaching
new drivers, new teachers

baby steps
preparing your home for baby

behind the scenes
interviews with the traffic pros

panorama

Issue 1 - 2018

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

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



on the cover

Salman, age 1

أرامكو السعودية
saudi aramco



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taking to the road: tips for teaching driving

Teaching someone to drive can be as stressful as learning to drive for the first time. Preparing to face this challenge and helping a new driver safely take to the road can be the difference between white-knuckled dashboard clutching and a smooth transition. Other drivers are the biggest hazard on the roads, so teaching good defensive driving methods can help a new driver stay safe.

Just because someone has been a passenger in a car doesn't mean they have been paying attention to the details of good driving behaviors. Before getting in the car with a new driver, take the time to discuss some driving basics and how to apply them. Read through and discuss a driver's training manual. Talk about what fears a new driver might have before they face them, and make a plan for skills a new driver will need to practice before they venture onto any roads. Talk about what isn't acceptable such as phoning friends, texting, or other distracting behaviors.

Before the lessons

Before you start teaching a new driver, make sure you're following all the local laws for driver training. Get a driving permit if needed, or register with a driver training school. Different places have different requirements. Some countries, like Australia, require you to keep a signed book of training hours, others, like the U.S., require a driver's permit license and a licensed driver in the vehicle at all times, and Germany requires drivers to attend a licensed driving school. Check what your government requires before you begin training a new driver.

Inspect the vehicle

Before turning the key for the first time, help a new driver inspect the vehicle. Check the tires, know where the gas cap is, and check the oil and other engine fluids so they

know what to look for and how to care for a vehicle. Once inside the vehicle, continue the inspection and have the new driver ask themselves basic questions such as: Which pedal does what? How and why should I adjust the mirrors, seat, and steering wheel? Why do I always need to wear a seat belt?

Ask them to practice this so that they become habits, and talk about each step and why it's important. Make these checks part of every journey. When the engine is on, review the dashboard indicators and know what each light is and what they indicate.

Talk about what lights might come on or any sounds they might hear as they drive and what to do about them. Flashing engine and oil lights may require immediate action to prevent engine damage, and a faster clicking turn signal might mean that lights need to be replaced. Knowing how to respond to these signals is important for preventing panic.

Start small

Learning to walk takes time, learning to drive isn't any different. First time drivers should first practice in an open and empty parking lot without foot traffic. This will allow them to practice the basics of starting and stopping a vehicle smoothly, parking, turning, giving right of way, and getting used to having hands at the 3 o'clock and 9 o'clock position



on the steering wheel. More experienced drivers may remember the 2 o'clock and 10 o'clock rule, but recent updates have seen this recommendation changed. Other common driving techniques may have changed, so be sure to review recent driving materials before teaching a new driver.

This is also a good time to practice how to handle emergencies. Work up to a decent speed and ask the new driver to stop suddenly. This will allow them to practice steering while braking, and to get a feeling for the brake pedal vibration.

Create a checklist for the basics, including right of way, pulling over for emergency vehicles, and parking. Share this list with the new driver and after each session talk about what you practiced and how it went. Try to avoid judgmental statements and give praise for positive actions. Avoid emotional responses to mistakes, especially while in the vehicle.

Road ready

Now that the basics of vehicle handling are covered, you and the new driver should be ready to head onto roads with light traffic. Create a map of where you are going to drive and share it with the new driver. Let them know where you're going and how you want to get there, and avoid making last second changes to direction. Be aware of potential hazards and scan ahead so you can calmly warn the new driver of potential dangers.

Don't stop giving instructions, but change the type of instructions you give to fit the new situation. Talk about these before and after the driving lesson, not during. Consider questions such as, "What would you do if a car parked ahead of us suddenly pulls into traffic? As you approach a stop sign, where should you be looking for danger? What could go wrong at an intersection, and how will you deal with it?" These questions give a new driver time to think about how they will react before they need to.

High stress challenges

The first time a new driver takes to a high traffic road, such as a highway, can be scary. Only try this after they've had a lot of driving hours on low traffic roads and parking lots. When ready, try driving at quiet times of the day to practice merging and passing procedures, checking blind spots, traveling at higher speeds, and keeping a safe distance from other vehicles without the added stress of rush-hour traffic.

Learning to drive at different times of the day is another stressful challenge. Sunset and sunrise can be dangerous as a new driver adapts to sudden flashes of light and lower visibility. Night driving presents unseen hazards, such as animals in the road or unseen pedestrians. Teach the new driver to slow down and plan for potential hazards.

It takes time to build up confidence to take to the road. Don't rush a new driver. Just because your new driver has a license doesn't mean they are ready to take to the roads. Be patient and take the time to teach defensive driving methods. ■

ready to roll?

Before a new driver takes to the road, you should be confident that they have shown you that they understand the challenges and responsibility of driving. Can you say “Yes” to the following?

- They've had enough practice, in various conditions, and are confident in most situations.
- They can scan for hazards and have practiced this enough for it to become a habit. When they detect a hazard they react quickly and calmly.
- They always wear their seat belt, and putting it on is the first thing they do without prompting.
- They don't reach for their mobile phone, tune the radio, or display other distracted driving behaviors while driving, and understand the danger of distracted driving.
- They don't speed or drive aggressively.
- They understand what defensive driving is, and why it is important.
- They are aware of local traffic laws and how to respond to emergency service vehicles.



Mohammed, 15, and father



Zahraa, 1

create a safe home for your baby

Expecting your first child is one of the most exciting moments in any couple's life. With the excitement comes the responsibility of ensuring a safe home for your new baby's arrival.

Crib safety

One of the first things that any new parents purchase for baby is a crib. Make sure to choose a crib that doesn't have wide spaces between its bars. They should be close together to prevent your child from slipping through, or getting caught.

Never put toys or pillows that are larger than your baby in the crib. Once your baby starts to stand up, remove any toys or pillows from the crib. Children are smart and may use these items to climb out and possibly fall. Keep the crib away from any electric cords and tie up any cords nearby that could potentially wrap around your child's neck.

Lock out danger

Protect your baby from poisons. Keep medicine, vitamins, cleaning supplies, and other common household hazards in a locked cabinet, or in a place that children can't reach. Before you know it, your child will be taking their first steps and once they begin to stand, they will begin to fall. You cannot prevent every tumble, but you can prevent serious injury. Use toddler gates at the top and bottom of stairs. You can also install guards to keep your child safe from open windows. These can be attached to window frames and have bars to prevent children climbing through. At the same time, you need to keep one window in each room unguarded so that it can be an escape if there's a fire. Keep that window locked if children are home.

Make your kitchen safe

To prevent children from grabbing pot handles, you should turn them towards the back of the stove. When you cook, try to use the back burners on the stove and keep hot foods and drinks away from the edge of the table. Knives and sharp objects should be kept out of reach or locked in a cabinet.

Bath time safety

You should never leave your child alone or with another child in the bathroom or in the tub. It is possible for a child to drown in only 5 cm (2 in) of water. Test the water temperature before putting your baby in the tub. Children's skin can burn easily and is more sensitive to heat than adult's skin. Unplug any electrical items near the water, such as hair dryers and phone chargers. Also try to cover electric outlets when not in use no matter what room the outlet is in.

All new parents face challenges when their baby arrives. Houses are not as safe as we would like, but hazards can be minimized and the home you love will soon be safe for the smallest people you love. ■

Before you know it, your child will be taking their first steps and once they begin to stand, they will begin to fall. You cannot prevent every tumble, but you can prevent serious injury.



choose safe toys

- > Buy toys that are appropriate for your child's age and development stage.
- > Make sure to not buy toys with sharp edges or small parts.
- > Look for toys with tightly secured parts, as children tend to pull and twist their toys.

myth of motors

Some people believe that for short trips around the block there is no need to wear a seat belt. They believe that most accidents happen only on highways. This is quite incorrect. You could be driving at an average slow speed in your neighborhood, and in a second you might get hit by another vehicle.





Dr. Basem Bahrani and team



behind the scenes

with Dr. Basem Bahrani

While many are focused on driving safely, very few of us actually stop to think about what happens if we are involved in an accident, and who will be waiting for us on the other side of the hospital doors.

The World Health Organization (WHO) estimates that without changes to current road habits, traffic accidents will be the seventh leading cause of death by 2030. With more than 1.25 million people dying each year from traffic related accidents, it is essential that well trained trauma teams are on-hand to assist.

With that in mind, we took time out to learn more from Dr. Basem Bahrani, an Emergency Consultant and Chief of Remote Area Clinics and Prehospital Care at Johns Hopkins Aramco Healthcare Company (JHAH).

All around the world, well trained emergency service personnel, including doctors, nurses, and responders from services like the Red Crescent and the Red Cross are on-hand to assist victims with traffic related injuries.

When it comes to traffic accidents where time is of the essence, Dr. Bahrani works closely with services such as these to ensure each and every person receives top quality care in a timely manner.



He said, “We have a great collaboration with the Red Crescent. They will often direct traffic accident victims to us, especially in cases of serious injuries. Our Emergency Medical Services Department is always on hand to respond to traffic accidents and we have a fantastic group of well-trained paramedics and emergency staff to deal with all types of trauma.”

Most patients seen by Dr. Bahrani are involved in accidents that could have been avoided, or have sustained injuries that could have been less severe if the driver had been wearing a seat belt.

“Changing our driving habits is the most effective way to remaining safe with the majority of traffic-related accidents being a result of speeding, using a mobile phone while driving, and following at unsafe distances.”

Dr. Bahrani deals with a wide range of traffic-related injuries to drivers, passengers, and pedestrians, but states that drivers are the most common accident victims coming through the hospital doors.

According to the WHO, males between the ages of 15 and 25 are three times more likely to be killed in a traffic accident compared to females of the same age group and also account for almost 75% of all traffic-related deaths.

“I cannot stress the importance of positive driving habits enough. Always wear your seatbelt, put your kids in designated child car seats and always follow designated traffic laws,” said Bahrani.

He also promotes safe motorcycle riding noting that he is a biker and a safety officer at his local motorcycle club, where he often gives presentations about traffic safety and basic life support. “For bikers, I always stress wearing full safety gear and to ride safely at all times,” he said.

Wearing a helmet can reduce the risk of death in a motorcycle accident by almost 40% and the risk of severe injury by over 70%. With motorcycles offering less protection than motor vehicles, every piece of equipment counts.

“I have seen too many victims from road accidents with damage that could have been minimized, or even avoided, if people had practiced proper safety measures,” said Dr. Bahrani. “There is nothing harder than losing a loved one, especially when it could have been prevented. Always ensure that when driving on the road, you are doing everything that you can to make it safe for yourself and others.” ■

myth of motors

Some people believe that if they get into an accident while not wearing a seat belt, their chances of survival will be better because they will be thrown out of the vehicle, rather than being pulled out of a crushed vehicle later. In fact, when you are thrown out of a vehicle during a crash, you are more likely to be severely injured or killed. It is a fantasy that you will be thrown through a sheet of glass and land safely on a smooth grassy platform.



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steps to a safe ramadan



When the first sliver of the crescent moon is sighted, indicating the start of the Hijri month of Ramadan, healthy and able adult Muslims around the world prepare for a month of daily fasting from dawn to dusk. This usually means some changes to daily routine, including diet, sleep, and daily activities. With Ramadan falling in the summer in the northern hemisphere this year, it is even more important to adapt to stay safe.

Daytime

Dehydration is always a risk in the summer months when high temperatures mean you're more likely to sweat and lose water and important minerals. Replenishing lost fluids can be an issue if you're fasting for 11 to 17 hours a day, so limit physical exertion and stay out of the heat as much as possible during the day. You can adjust your routine by choosing to visit the gym at night and skip sunbathing on the beach.

You might also find yourself tired or sleep deprived and unable to concentrate. This is especially true if you have a job that starts early or requires physical activity. As your concentration and reaction time may be affected, avoid driving or performing activities that may injure you or others. Remember that other drivers might also be feeling drowsy, so always practice defensive driving.

If you are pregnant, or have a medical condition such as diabetes, consult your physician before fasting and set out a plan that allows you to fast safely only if you are able to. Severely high or low blood sugar, coupled with dehydration, can put you and others in danger and lead to serious health events, such as a diabetic coma.

Dusk (Maghrib prayer)

As Maghrib prayer time approaches, some people speed or drive recklessly to get home in time for iftar — the meal eaten after sunset to break the fast. It's a good idea to plan your trips in advance to avoid encountering these dangerous drivers. Remember that breaking your fast can wait. If possible, carry a snack with you to eat until you can get home safely.

Plan to eat your meal gradually. Heavy meals and overeating can cause a range of problems. Burjeel Hospital in Abu Dhabi reported that 30% of patients seeking

emergency care during Ramadan suffer from ailments caused by overeating after a long period of fasting.

Overeating can also cause what is known as postprandial somnolence, or food coma, which is extreme lethargy and drowsiness following a particularly heavy meal.

Nighttime

Plan and prepare well for your fasting by drinking plenty of water at night and eating the right kind of food for suhur — the predawn meal eaten to prepare for fasting. Sugary foods and "empty calorie" foods might be the most convenient, but they do not sustain you or keep you feeling satisfied for long. These also cause a short spike in energy levels followed by a sudden crash. Instead, opt for foods with high water content that are rich in fiber to curb your thirst and hunger during the day.

Ramadan often means you stay up later than you're used to, as suhur is usually consumed close to Fajr (dawn) prayer and stores often stay open well into the early morning hours. You should still plan to have 7 to 9 hours of sleep at night. Avoid staying up for suhur and go to sleep at your usual bedtime. Plan your day so that you are not forced to run errands late at night.

Neighbors


Remember that not everyone is fasting or following the same routine. Not everyone stays up late during Ramadan and may not be okay with you dropping in to chat at midnight. Be a courteous neighbor by keeping late night noise to a minimum.

It only takes a few adjustments to your daily routine to stay safe this Ramadan. Prepare, eat well, get enough rest, and enjoy a Ramadan kareem. ■

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traffic safety signature program

Saleh Al Ghamdi interview



The human cost of traffic accidents has turned Saleh Al Ghamdi into an activist. As the supervisor for education and awareness at the Traffic Safety Signature Program (TSSP), Al Ghamdi promotes activities in schools, mosques, and the community to encourage safe driving behaviors.

While 29 people die every day on the roads in Saudi Arabia, Al Ghamdi believes we are starting to see gradual positive changes in road safety. “We are moving in the right direction. For example, in the Eastern Province there was a 41% reduction in road fatalities in the past year.”

This activist for road safety ascribes some of this improvement to the programs developed by TSSP. This includes the Traffic Café, school activities, exhibitions, and the Qyadati website. The program was established by Saudi Aramco and operates principally in the Eastern Province of the Kingdom. However, it has global outreach through Qyadati.

The online program, which has more than 25,000 users annually, is especially important now that women are to start

driving, says Al Ghamdi. It is free to register and the topics cover a variety of situations drivers might encounter, making it appropriate for new drivers, as well as those who already hold a driving license.

“The reckless and unsafe driving seen on the Kingdom’s roads is the opposite of the generous and welcoming culture of Saudi Arabia,” he says.

“Saudis have a very generous culture, so if you ask a young Saudi for directions, he will go out of his way to accompany you. But when he gets behind the wheel the story is totally different.” Al Ghamdi does not have an answer for why people change as they get behind the wheel, but he believes that by focusing on ethics and shared humanity we can begin to make a difference.

“We can turn to hadiths, or sayings from the Prophet, (peace be upon him) to learn respect for other people and realize that the road is not yours; the road is for everybody, so try to control your anger. The more you are at peace and the more forgiving you are, the smoother the road will be.”

“Once people are in a car they are in their own world, with their own rules. This will take a long time to change, but we have to start now.”

Once people are in a car they are in their own world, with their own rules. This will take a long time to change, but we have to start now.

Traffic Safety Kits are given to school children by TSSP as a way of introducing them to traffic rules and behaviors. Tailored kits for kindergarten to high school provide children with different scenarios, requiring them to learn and follow traffic rules and understand the need for road safety. “This kind of program will inject a culture of ethics for driving later in life,” he adds.

One of the essential habits encouraged is the use of seat belts, and an effective tool for this is the roll-over simulator. Used at exhibitions and festivals, the simulator is a full-sized sedan car mounted on a platform. Drivers and passengers get into the car and put on their seat belts. The car is then turned upside down, going through 360° before stopping to allow everyone out. Like a rollercoaster, but with a serious message, the simulator shows how terrifying it can be when you are turned upside down in a car, even when wearing a seat belt.

Al Ghamdi goes on to emphasize the difference between the simulator and a real accident. “The real thing happens unplanned; it happens at speed, and a rollover is unbelievable. Here it is manageable, the real thing is so much harsher.”

He says that only about 10% of people use seat belts, which is alarmingly low but, “now the police take care of this with harsh disciplinary action,” principally in the form of fines.

It is not enforcement alone that is going to change habits. Al Ghamdi is focusing on three areas to encourage all sectors of society to play a role in road safety.

“Firstly, Imams, those who lead prayers, must talk about traffic safety.” TSSP has signed a memorandum of understanding with the Ministry of Islamic Affairs and had a number of sessions with Imams. Of about 150 Imams who attended a TSSP workshop, more than 90% then talked about traffic safety at Friday sermons. “So this is one door we need to knock at,” he says.

The second area of focus is schools with the Traffic Safety Kit and outreach programs. The third door is the media. This is not just articles about traffic safety, but encouraging media personalities to inject traffic safety into their work and lead by example. Al Ghamdi shows his Twitter feed, which he updates regularly with safety snippets for his thousands of followers.

He is fully optimistic that allowing women to drive will bring a sense of greater responsibility to the Kingdom’s roads, and that together with increased enforcement and a sharing of the Saudi spirit of generosity we will make road safety a welcome reality for Saudi Arabia. ■

myth of motors

Some people believe that as cars are supplied with airbags, there is no need to wear a seat belt. In fact, airbags and seat belts work together to prevent injury and death. Seat belts also protect you in accidents where airbags do not deploy.



Some people believe that they are physically strong enough to control themselves in a crash. Consider the physics. If you are holding an object that weighs 5kg and you are travelling at a relatively slow speed of 40km/h and stop suddenly, that object immediately become 20 times heavier. That sudden increase in force will make it impossible to control yourself in those seconds, no matter how strong you are or how fast your reflexes are.

myth of motors

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We need models of all ages.

email us at : panorama@aramco.com

with your contact information, location, model's name and age.

