Panorama

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Hygiene happens
Your first guard protechion

Kids and sports
Avoid injuries, stay safe

Recovery essentials
Your essential guide to sustaining peak performance

Panorama

2026

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

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On the cover and pages 4 to 7: Faris Nadeif, Karl Helme and pages 14 to 15 : Saleh M. Karsou and his son, Mohammed Saleh.

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

aramco

Loss Prevention
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Timeless advice never goes out of style



The modern home has appliances designed to make your life easier and safer. Refrigerators are connected to the Internet, vacuum cleaners work by remote control, TVs are smart, and speakers now listen to you. All of these were in the realm of science fiction not so long ago, and yet ways to make a home safe have changed very little in over 70 years. Looking back at safety advice from a time before the Internet is a reminder of how much still relies on people's actions.

For decades, Aramco has produced educational materials on home safety. For example, a 1968 Safety Target presented a safety at home article designed as a telegram, a precursor to email. Topics discussed over the years included falls, housekeeping, personal hygiene, and water safety. All common themes today.

Fire prevention messages

Fire prevention is another timeless aspect of home safety. Advice from 60 years ago included not using gasoline to clean clothing, and not smoking in bed. Good advice, even if they aren't common problems today.

However, some fire escape advice does still apply. "Figure out an escape plan now, as well as an alternate one if the first plan is not usable. Everyone in the house should know about escape plans and how to execute them" is one such advise. Be sure to communicate and practice your plan with everyone living in the home.

Another piece of advice that hasn't changed is to make sure cooking is not left unattended, and to turn pot handles towards the back of the stove to prevent spills and burns.

Technology and innovation have eliminated some hazards in the home. For example, the use of hard-wearing plastics to insulate electrical cords instead of rubber, paper, and cloth have made appliances much safer. Despite the advances in materials, good housekeeping is still the best way to prevent fires. Avoid running cords under rugs or mats, and don't overload extension cords or use them as permanent wiring.

Advice from the 1960s also shows how much gadgets have changed. "Tips on TV" warned people frustrated with the picture quality of their TV not to "poke your hand inside to see what's going on" and not to "fool around with the picture tube. It can blow up like a bomb." Today, it would be difficult to put your hand into a flatscreen TV, but the advice to call in a trained technician if equipment requires repair is as sound as ever. So is the importance of ensuring that all electrical equipment and appliances have an approved testing laboratory mark, such as from Underwriters Laboratory (UL).

Timely trip warnings

Slips, trips, and falls remain one of the most significant causes of injuries at home. The advice issued back then is relevant today – have adequate lighting on stairways, secure rugs and mats, avoid too much polish on floors, and use anti-slip mats in the bath and shower.

The essence of home safety advice hasn't changed, but living habits have. In the 1960s, sleeping on the roof to escape the summer heat led to publications urging readers to hold the handrail while carrying children or mattresses up to the roof. Today, air conditioning has changed this, but taking precautions when going up or down stairs remains the same. Always hold the handrail, and don't stack or store items on the stairs where they can become tripping hazards.

Concerns about childhood

Making homes safe for children will always be a concern for parents. Precautions change as children grow up and are able to explore, but drowning and accidental poisoning are concerning no matter the child's age.

While swimming, children should always be watched by an adult who can swim, and should never be left unattended. For toddlers and babies, water of any depth can be a drowning hazard, so never leave them alone in the bathroom, or near water sources or containers.

All medicines, chemicals, and poisonous substances should be kept in a secure place out of children's reach such as in a child-locked cupboard. Never store medicines and candy together.

Continue the conversation

In 1957, personal hygiene was a common topic in safety publications. The advice to prevent colds and control disease by washing your hands, not touching your face, and keeping your distance from others is still good today.

Being safe at home is often considered common sense, but as noted in 1959, it is really a matter of habit. "If you practice the safe way of doing things, you'll soon do them automatically. They'll become habits, like blowing out a match after you've used it."

Some things don't change, and lessons from the past can continue to help make your home safe for you and your family. ■

Recovery essentials: Nutrition, hydration, and injury prevention



Faris Nadeif

The human body functions at a peak performance level when properly fueled and rested, but this varies depending on factors like training intensity and overall fitness. The body's ability to maintain homeostasis during exertion is known as recovery, and a key part of this process is being able to recover effectively.

Our bodies recover in two ways: by repairing muscle tissue and by replenishing energy stores. This system does have limitations and in intense training conditions it can fail to keep a body at an optimum state. A buildup of fatigue can cause injuries such as muscle strains, joint pain, and even stress fractures, which can be fatal to long-term goals. It is important to be aware of the signs of overtraining and to know how to respond to them, but it is equally important to prevent them from happening. When training always consume enough nutrients before and during any physical activity in demanding conditions. Even if you don't feel hungry, your body needs fuel to repair and grow stronger.

Wear supportive, breathable clothing and proper footwear when outdoors. Remember to limit any high-impact activity during peak heat hours, and head outdoors at cooler times in the early morning or evening. Sweating is part of being active – whether it is working, running, football, cycling, or just playing in the park – and it is easy to become so focused on a game or activity that you fail to take proper precautions against injury.

Being active when intensity and volume are high is particularly hazardous. As training load rises, the higher levels of stress on the body make recovery less effective at repairing the muscles. Our bodies need to replenish the nutrients lost through exertion. Staying fueled is an essential part of keeping performance high. This allows the body's repair mechanism to keep working at an optimum level.

Recognizing each of the types of overtraining, and how to respond to them is important for anyone living an active lifestyle.

Muscle strains

Muscle strains are brief, painful tears in the muscle fibers that can occur during or after vigorous exercise in extreme conditions. Overstretching causes the body to lose structural integrity, and this causes muscles to tear. Muscle strains on their own are not too serious, but can be the first sign of a more serious injury and must be treated immediately. If you suffer from a strain, get plenty of rest and sit in a cool, shaded area. Gently massaging the strained muscles can also help reduce discomfort.

Overtraining syndrome

Overtraining syndrome arises when intense training outpaces recovery, evolving from temporary overreaching into a serious condition. Symptoms include persistent fatigue, mood shifts, sleep disruption, and weakened immunity. Unlike normal soreness, these signs indicate the body cannot repair itself, potentially causing long-term performance declines and cognitive issues like poor decision-making.

Athletes must self-monitor for early warnings such as increased stress, lack of motivation, and elevated resting heart rate. Recognizing these signs early is crucial, as ignoring them can extend recovery time from days to months.

Prevention focuses on balancing training volume with rest. Tracking workouts and coaching help manage load. Proactively scheduling rest days is essential, viewing recovery as integral to performance. By listening to your body and adjusting training during the overreaching phase, you can prevent severe overtraining and maintain long-term health and athletic success. ■

Nutritional foundations

Proper nutrition serves as the bedrock of physical well-being, providing the essential energy required for both daily activities and athletic excellence. A well-rounded diet supplies the necessary macronutrients and micronutrients to sustain energy levels, bolster immune defenses, and aid in tissue repair. Carbohydrates fuel high-intensity efforts, while fats offer sustained energy for prolonged exertion. Proteins are indispensable for muscle recovery and growth, and vitamins and minerals support critical metabolic functions. Consuming a diverse array of whole foods ensures the body receives all nutrients needed for optimal performance.

Protein holds a special place in this framework, particularly for active individuals. Post-exercise, the body relies on protein to repair micro-tears in muscle fibers. Insufficient protein intake can delay recovery, increase soreness, and raise injury risk. Excellent sources include lean meats, fish, eggs, dairy, legumes, nuts, and seeds. Spreading protein consumption throughout the day, rather than in single large meals, maximizes muscle protein synthesis and supports comprehensive recovery.

Hydration is equally vital. Water regulates body temperature, lubricates joints, and transports nutrients. Dehydration can severely hinder physical and cognitive performance. It is advisable to drink water before, during, and after exercise.

Listening to your body is key to a healthy relationship with food. Hunger and fullness cues guide portion sizes and meal timing. While supplements have their place, whole foods should remain the primary nutrition source. A diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats supports bodily needs, enhances performance, and promotes long-term health. ■





Karl Helme

Hygiene happens: Your first guard protection

Hands: your first line of defense

Dirty hands are the biggest hygiene risk you face daily. And they are also the easiest to prevent. Germs can spread quickly through contact, especially in places like schools, playgrounds, and public transport. Touching your face with unwashed hands can introduce viruses and bacteria into your body, leading to colds, flu, or even stomach bugs. Fortunately, this risk can be greatly reduced by making handwashing a regular habit. Washing hands with soap and water for at least 20 seconds, especially before eating and after using the restroom, is a powerful way to stop germs in their tracks. If soap isn't available, using hand sanitizer can be a good alternative, and avoiding touching your eyes, nose, and mouth in public helps lower the chance of infection.

Smiles at risk: oral hygiene hazards

Poor dental hygiene doesn't just lead to bad breath, it can cause tooth decay, gum disease, and even affect overall health. Forgetting to brush and floss after sugary snacks and soda are common culprits. To keep your smile healthy and strong, it's important to brush your teeth at least twice a day using fluoride toothpaste, and floss once daily to remove plaque from between the teeth. Limiting sugary snacks and drinks also helps protect your teeth, while regular visits to the dentist ensure that any small issues are caught early before they become bigger problems.

Body odor and confidence: personal cleanliness hazards

Not showering daily or wearing unwashed clothes can lead to body odor, which can affect how others see you and how you feel about yourself. It can also cause skin infections or irritation, especially in areas where sweat builds up. To avoid this, it's important to shower every day, especially after physical activity or spending time outdoors. Wearing clean clothes each day and using deodorant can also make a big difference. Don't forget to wash bedding and towels regularly, as these can also collect bacteria and odors over time.

Sick spots: environmental hygiene hazards

Shared spaces like classrooms, locker rooms, and kitchens can be hotspots for germs. Door handles, phones, keyboards, and water fountains are often touched by many people and can carry bacteria and viruses. To stay protected, it's a good idea to clean and disinfect shared surfaces before and after use whenever possible. Avoid sharing personal items like towels, toothbrushes, or drinks, and always cover your cough or sneeze with your elbow or a tissue, then dispose of the tissue immediately. Washing your hands after touching shared equipment or high-traffic surfaces is one of the best ways to avoid picking up germs from your surroundings.

Food fights: hygiene hazards in the kitchen

Improper food handling, like not washing hands before eating or preparing food, or using the same cutting board for raw meat and vegetables, can lead to foodborne illnesses like salmonella or E. coli. These can cause stomach pain, vomiting, and even more serious health problems. To prevent this, it's important to wash your hands thoroughly before handling or eating food. Keep raw and cooked foods separate, especially when storing and preparing them. Make

sure to cook meat to the correct temperature and store leftovers in the fridge promptly. Checking expiration dates and avoiding eating food that looks or smells off is another smart habit to develop.

Tech trouble: germs on gadgets

Phones and tablets are often dirtier than we think. We carry them everywhere from the bathroom to the dinner table and rarely clean them. These devices can harbor more germs than a toilet seat. To reduce this risk, avoid using your phone while eating or in the bathroom. Wipe your gadgets regularly with disinfectant wipes, and wash your hands before and after using shared devices like computers or tablets. Also, try not to share earbuds or phone cases with others, as these can easily spread germs from one person to another.

Building better habits: the key to staying safe

Hygiene is about staying healthy, feeling confident, and respecting those around you. By understanding the hidden risks and taking small, smart steps every day, you can protect yourself and others from hazards. Staying clean isn't just a habit it's a life skill. With the right knowledge, you can face every day with confidence. ■

"Touching your face with unwashed hands can introduce viruses and bacteria into your body, leading to colds, flu, or even stomach bugs."

Kids deserve a sporting chance

Increased self-esteem, improved social skills, academic success, and lifelong health. These are just a few of the benefits of children playing sports.

Parents and young people believe that organized, structured, out-of-school activities are enormously important and 79 percent of America's middle and high school students participate, according to a U.S. Public Agenda study.

How soon can my child start?

Children should not participate in team sports until the age of 6, according to the American Academy of Pediatrics. Before starting, a child should be able to interact with teammates and coaches, enjoy structured play, and be able to understand and follow instructions. A child that tries to play a sport beyond his or her motor skill level can become frustrated and avoid all sports completely.

Preventing injury

Young athletes are injured more easily than adults because they're still growing. It is important that parents make sure their children are safe. Children should know the rules of their chosen sport and get a physical before starting the sport, especially if they play intense sports such as basketball, football, or wrestling. They should do warm up and cool down stretches before and after playing to prevent muscle pulls. Parents should seek out a qualified coach, and ensure emergency contact phone numbers are available. Most injuries in organized sports occur during practice rather than games, yet many parents don't take the same safety precautions for practice that they would for a game.

Personal protective equipment is important in preventing injury. Many sports have rules about the proper use of protective equipment, but parents must ensure the equipment is appropriate for the child's size and age, so that it fits properly and is in good condition. Protective gear such as mouth guards, shin pads, or helmets should be worn during practice as well as during games, since most injuries occur then. As parents know, this probably means new equipment for each season as children grow.

Sports and out-of-school activities can play a crucial and positive role in the life of a child. As a parent, you can make sure it is a safe activity as well. ■

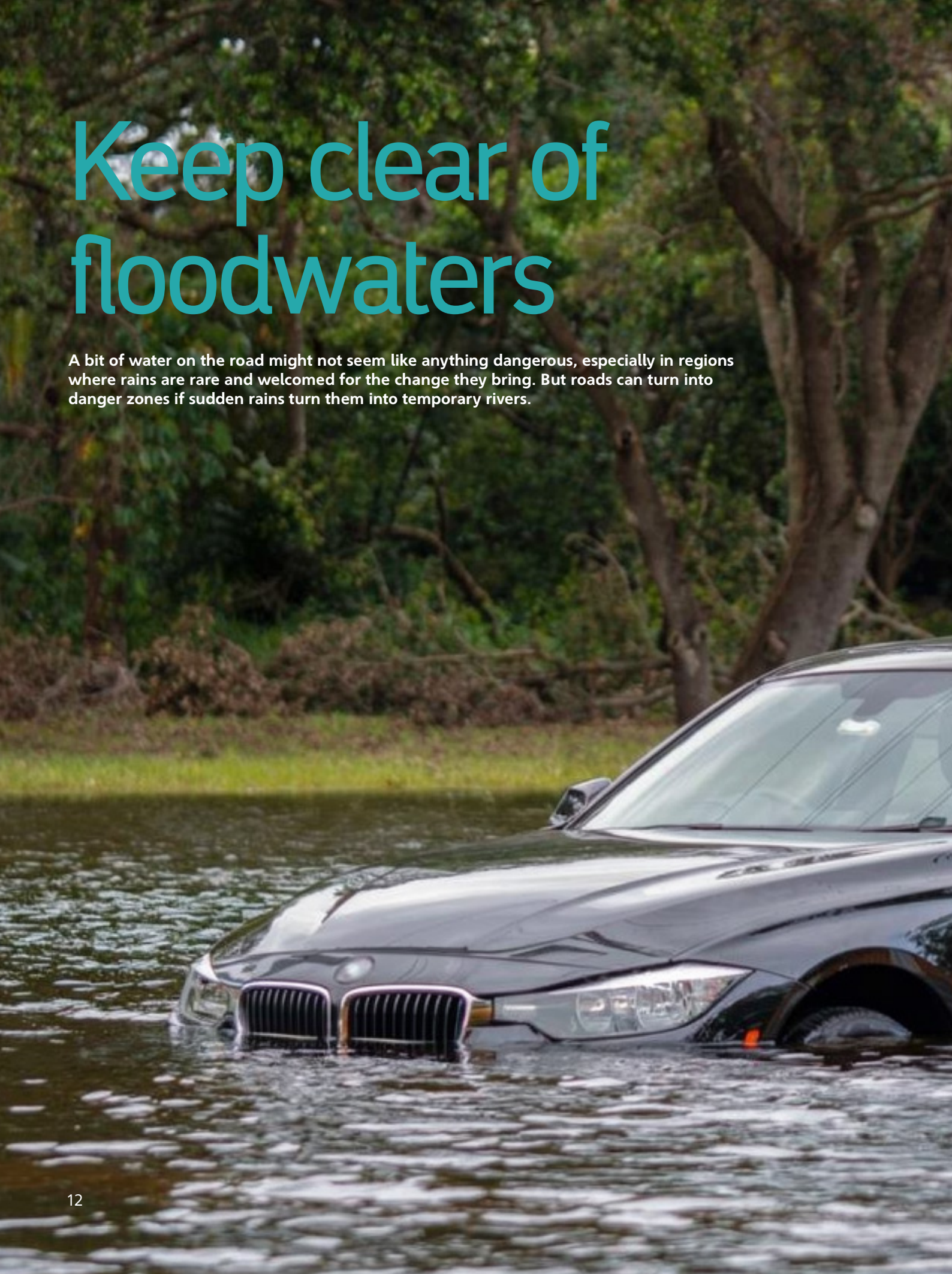
Easy things parents can do to minimize sports injuries

- Inform the coach of any medical conditions your child may have.
- Make sure there is a person certified in first aid present at all games.
- Make sure emergency numbers are clearly posted.
- Don't let a child participate when tired or in pain.
- Give your child plenty of water before, during, and after playing to prevent dehydration.
- Have a doctor examine any child experiencing severe swelling, bruising, or decreased movement in a limb or joint.



Keep clear of floodwaters

A bit of water on the road might not seem like anything dangerous, especially in regions where rains are rare and welcomed for the change they bring. But roads can turn into danger zones if sudden rains turn them into temporary rivers.



Flooded roads are a lot more dangerous than they might appear. Drivers may assume they know what to expect after using the same route many times before. They often underestimate the threat of water. Moving water, even if not very deep, can sweep cars and trucks away, and flood waters can hide road problems such as curbs, missing drain covers, and washed out sections, making driving through water treacherous.

Hidden hazards

A number of studies reported in the journal Transportation Studies show that, "roads are among the first cause of deaths in cities during flooding, due to vehicles being driven through flooded roadways" and the U.K. Automobile Association (AA) says a third of all flood-related deaths occur in vehicles.

The best course of action with any flooded road is to turn around and find another way to get to your destination. If this is not possible and the water is flowing, wait until the water has receded to a safe level. AA recommends never attempting to drive through water that is more than 10 cm (4 in) deep, regardless of the type of vehicle you have.

Another hazard is getting stuck while attempting to drive through water. The air intake on most vehicles is low and at the front of the vehicle, and if water enters here the vehicle could stall and may not start again. This could leave you in the dangerous situation of needing to abandon your vehicle and walk in the water.

The U.S. Center for Disease Control and Prevention warns that floodwaters pose a health hazard because they can contain waste products, hazardous chemicals, and other contaminants that can cause



illness. It can also hide fallen power lines and sharp objects. They recommend avoiding all floodwater as much as possible.

Cautious approach

If there is no option but to drive through the water to get to a safe location, there are a number of precautions to take. First, stop and observe the water and estimate its depth. If there are other vehicles driving through, watch to see how deep it is and if there are any hidden obstacles. Remember that one vehicle getting through does not mean it is safe to assume others will.

When driving into the water, slow and steady is best. Too fast and you can create a wave that could endanger others, surge back and flood your engine, or bring hidden hazards closer. Don't stop once you've entered the water. The forward movement of the vehicle pushes the water away in a wave, allowing air to continue flowing into the engine.

Drive at the highest part of the road so that the water is as shallow as possible. This is usually the center, since roads are built to allow for natural drainage. Let oncoming cars pass before driving into the water, otherwise their wave could push water into your engine and cause a stall.

Paying attention while driving is always important, but being aware of uncommon hazards such as flooding requires extra caution. Water can seem harmless but it could be hiding danger.

Playing it safe: Grass vs. turf



Saleh and
Mohammed Karsou

Football is a game of split-second sprints, sharp cuts, and sudden stops — movements that put real stress on the knees and ankles. Saleh Karsou, a football player and coach, and his son Mohammed, a football player, have spent years watching how the playing surface affects that stress, and how much of the risk comes down to preparation. This is their approach to staying injury-free on both grass and turf.

Before kickoff

For the Karsous, injury prevention starts long before the first whistle. "Come to the field early, warm up and stretch well – especially the hamstrings and ankles – and pick shoes that are approved for the surface you're playing on," they say. Early arrival isn't just about punctuality; it gives the body time to prepare for the demands of the game ahead.

Warming up for turf

Turf and grass don't behave the same way underfoot, and the Karsous say warm-ups should reflect that. "When it comes to protecting the knees and other joints on turf, focus on the ankles," they advise. Because artificial surfaces offer less shock absorption than natural grass, ankle mobility work helps the body handle the extra force that turf sends back up through the leg.

Choosing the right footwear

Footwear is one of the simplest, most overlooked safety decisions a player makes. "Shoes designed for turf only, from reputable brands, and with no cleats on the bottom — that's what to look for," they explain. Cleats built for natural grass can grip artificial turf too aggressively, keeping the foot planted when the body is already turning — a mismatch that can lead directly to knee injuries.

Protective gear worth using

Some protective equipment matters more on turf than on grass, particularly for younger players. "For children, knee protection is a must," they say. "They fall more often, and it also helps prevent cuts from getting infected on turf." Because artificial surfaces are abrasive, even minor falls can cause skin injuries that natural grass is less likely to produce.

Knowing the warning signs

Saleh and Mohammed Karsou encourage players to pay close attention to their bodies during and after a match. "Pain in the lower back and ankles is an early sign," they say. "Fit, well-conditioned players don't typically feel ankle pain on grass fields — that kind of pain usually comes from playing on turf." Catching these signals early, they say, is often the difference between a few days of rest and a serious injury.

The Karsous' advice boils down to a simple principle: know the surface you're playing on, and prepare your body accordingly. Whether it's an extra few minutes of ankle warm-ups or a pair of turf-specific shoes, small precautions can make the difference between a great game and a long recovery. ■



Fast facts

Sun protecion

Proper exposure to the sun has many benefits, such as helping our bodies to manufacture vitamin D for bone growth. However, excessive exposure to the sun can result in burns, premature skin aging, and even cancer. It is important to know how to protect yourself from ultraviolet (UV) radiation.

Tips to protect your skin



Apply sunscreen

To give your body a chance to absorb sunscreen properly, apply it 15-30 minutes before you go out in the sun. It is important to reapply sunscreen every two hours or after swimming or heavy sweating, even if it is claimed to be waterproof.



Seek shade

Avoid the sun between 10 a.m. and 3 p.m. This is when the sun's rays are most intense.



Cover up

Try to cover as much of your body as possible when you are outdoors on a sunny day.



How to choose the correct sunscreen

Sunscreen can temporarily protect your skin from ultraviolet A (UVA) that causes skin aging, as well as ultraviolet B (UVB) that causes skin after burns.

The most important factors you need to consider when choosing a sunscreen

Sun protection factor (SPF)

SPF measures protection against UVB rays. A minimum of 30 SPF is recommended.

Protection grade of UVA (PA)

The PA rating measures protection against UVA rays. A rating of PA+++ is enough for daily use, while PA++++ is recommended for prolonged exposure.

Broad spectrum

Sunscreens labeled broad spectrum protect against both UVA and UVB rays.

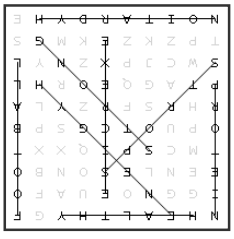
Play
العب

ابحث عن الكلمات
Word search puzzle

Exercise
Hydration
Sports
Healthy
Protein
Strong
Football
Hygiene

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T	P	Z	K	Z	E	K	M	G	S
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الحل:
Answer:



سودوكو
Sudoku

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

الحل:
Answer:

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

هل تريد أن تظهر في مجلة بانوراما؟

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