

# Panorama

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## Road tripping with safety

line cut off. Move "worry" to the line before.

## Smoke detectors

Reliable protection for all

## Clean safe kitchen

Learn about kitchen hygiene and safe cooking

# Panorama

2026

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

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# Clean and safe kitchen



**Cooking is fun and rewarding, but keeping the kitchen clean and food safe is just as important as making a delicious meal. Beginner or pro, good hygiene habits can prevent food poisoning and keep meals fresh and healthy.**

### **Wash up**

Hands carry bacteria that can be transferred to falling from one ingredient to another, potentially causing contamination. Before cooking or handling food, wash hands with soap and warm water for at least 20 seconds. Wash again after handling raw meat, eggs, or seafood to avoid spreading germs that may be in uncooked ingredients, and wash again before serving or eating.

The “clean as you go” method refers to the practice of cleaning up and organizing while cooking, rather than leaving a mess to deal with at the end of the session. This practice makes the final cleanup more manageable and helps maintain a clean and organized kitchen while working. Regularly clearing used items also reduces the risk of incidents, such as cuts or burns from used knives or hot pans. It also makes it easier to find utensils and ingredients, and have clean space available to work when needed. Using “clean as you go” can save time and make the cooking process smoother.

### **Separate foods**

Keeping raw and ready-to-eat food separate is essential to prevent harmful bacteria from spreading. Raw foods include raw meats and unwashed salad, vegetables, and fruits. Ready-to-eat foods include cooked foods, washed salads, garnishes, desserts, and other foods that don't need to be cooked or washed before eating. Additionally, allergen-free food should be kept separately from other food to avoid cross-contamination.

Cross-contamination happens when bacteria or pieces of raw food or allergen-containing foods transfer to ready-to-eat foods, and can cause foodborne illnesses or an allergic reaction. To prevent this, never place cooked food on the same plate that held raw meat. Use different cutting boards and utensils for raw meat and for vegetables or cooked foods. Store raw meat on the lowest shelf in the fridge to prevent juices from dripping onto other foods. After handling raw or allergen-containing foods, thoroughly wash your hands and any cutting boards, utensils, and dishes used with hot water, soap, and a disinfectant before reusing them.

### **Storage**

Pre-making meals and having leftovers can be a lifesaver when life gets busy, but to be safe they need to be properly stored. Cool pre-made meals and leftovers quickly and refrigerate them within two hours. Put hot food in shallow dishes or separate it into smaller portions to help cool the food as quickly as possible and create portions that can be easily reheated when needed. Don't put very hot food into the refrigerator. Wait until steam has stopped rising from the food, then store it in an airtight container with a lid. This will prevent the steam from collecting on the lid and dripping back onto the food, keep bacteria out, and reduce odors in the refrigerator. Eat refrigerated leftovers within 3-4 days or freeze them for longer storage.

### **Knives and hot surfaces**

Safe cooking isn't just about food, it's about avoiding injuries too. The best way to prevent incidents is to limit movement in the kitchen. Only people who are involved with the cooking should be in the kitchen. Children shouldn't think the kitchen is a play area, so teach them early on there's no running in the kitchen and no touching pans or utensils.

When using a knife to cut, chop, and prepare food, keep the fingertips of the hand holding the food to be cut curled and folded in towards the palm. Make sure to point the blade away from the body when cutting, washing, or drying and never point the blade towards another person. Always use a cutting board and secure it to the work space with a damp paper towel or non-slip mat. Do not leave knives near the edge of counters, on tables, or in a sink full of soapy water. Step back and away from a falling knife, don't try to catch it.

Hot surfaces can cause serious injury if not managed. Make sure all utensils and flammable objects are safely away from any hot surface. Use pot holders or oven mitts to handle hot items. The oven door can be a tripping hazard and a burn hazard when open. Make sure to turn pot handles inward to prevent spills. When finished, double check that all the stove burners and the oven have been turned off.

Kitchen hygiene and safe cooking are easy habits to establish, and make a big difference in keeping everyone healthy. ■

# Why you shouldn't ignore a chirping smoke detector

Smoke detectors are essential safety devices that provide a critical early warning in the event of a fire, potentially saving lives. However, when they start "chirping" or beeping intermittently, it can be a source of frustration and concern. But what does this chirping sound mean, and why is it essential to respond to it promptly?

## Deciphering the beeps

A chirping smoke alarm can be a lifesaver, but it can also be annoying if you don't know what it means. This quick guide will help you understand those beeps and take the appropriate action.

**Low battery:** A single beep at intervals of 30 to 60 seconds usually indicates a low battery. Replacing the batteries with fresh ones should silence the alarm. Keep in mind that different smoke detectors may use unique beeping patterns to indicate a low battery, so it's important to refer to your alarm's manual for specific details.

**End of life:** If your smoke detector is chirping constantly or in a different pattern than usual, it may be nearing the end of its lifespan (usually 10 years) and needs to be replaced altogether. Smoke detectors have a limited lifespan, and it's crucial to replace them regularly to ensure they continue to function properly.

**Other causes:** Less common reasons for beeping include dust buildup in the smoke alarm, a loose wire, or a malfunctioning device. If you've replaced the batteries and the beeping persists, consult your alarm's manual or contact a qualified electrician to diagnose and fix the issue.

## The importance of responding promptly

Ignoring the chirping sound or putting off replacing the battery can have serious consequences. A smoke detector with a low battery may not function properly in the event of a fire, which can lead to delayed detection and potentially tragic outcomes. According to the National Fire Protection Association (NFPA), working smoke alarms reduce the risk of home fire deaths by 50%. By responding promptly to the chirping sound and replacing the battery or addressing other possible causes, you can

ensure that your smoke detector continues to provide reliable protection for you and your loved ones.

## The risks of delayed response

Delayed response to a chirping smoke detector can have devastating consequences. In the event of a fire, every second counts, and a functioning smoke detector can mean the difference between life and death. According to the NFPA, in 2019, U.S. fire departments responded to an estimated 1,291,500 fires, resulting in an estimated 3,420 civilian deaths and 10,500 civilian injuries. By responding promptly to a chirping smoke detector, you can help prevent such tragedies from occurring.

## Tips for maintaining your smoke detector

A chirping smoke detector is not just a nuisance; it's a warning sign that requires attention. By responding promptly to the chirping sound and replacing

## To ensure your smoke detector continues to function properly, follow these tips:

- Test your smoke detector monthly: Press the test button to ensure the alarm sounds.
- Replace batteries annually: Replace batteries with fresh ones to ensure the alarm continues to function properly.
- Clean your smoke detector regularly: Dust and debris can accumulate in the smoke detector, causing it to malfunction. Clean the detector with a soft brush or vacuum cleaner to ensure it continues to function properly.
- Replace your smoke detector every 10 years: Smoke detectors have a limited lifespan, and it's crucial to replace them regularly to ensure they continue to function properly.

the battery or addressing other possible causes, you can ensure that your smoke detector continues to provide reliable protection for you and your loved ones. Remember, when in doubt, check it out! A beeping smoke alarm is better than a silent one in a fire emergency. If the alarm is beeping continuously, evacuate your home immediately and call 911 from a safe location. Don't ignore the chirping sound – take action today and stay safe! ■

" Working smoke alarms reduce the risk of home fire deaths by

**50% "**



# Road tripping with safety

**A vacation is supposed to be a time for unwinding and having fun, but if you aren't prepared it can sometimes turn into a total nightmare. When planning a road trip, get organized to ensure that your trip is as safe and worry-free as possible for you and your family.**

## **Before you go**

Regular maintenance, such as tune-ups, oil changes, battery checks, tire rotation and so forth, go a long way toward preventing breakdowns. If your vehicle has been serviced according to the manufacturer's recommendations and repairs are made promptly, it should be in good condition and nearly ready to travel. If not – or you don't know the service history of the vehicle you plan to drive – schedule a preventive maintenance checkup with your mechanic right away. Providing your vehicle is well maintained, getting ready for a road trip is relatively quick and easy. However, it's still important to perform the following basic safety checks before you go.

## **Tires**

Check the air pressure in all your tires, especially the spare. To get an accurate reading, check the pressure when tires are cold. Inspect your tires for signs of excessive or irregular wear and the sidewalls for damage, cuts, and cracks. If the tread is worn down or the sidewall damaged, it's time to replace the tire. If you find irregular tread wear patterns, it means your tires need rotation and/or your wheels need to be realigned before your trip. Don't forget to check the spare.

## **Belts and hoses**

Inspect all belts and hoses to make sure they are in good condition with no signs of blisters, cracks, or cuts in the rubber. High summer temperatures accelerates the rate of degradation for rubber belts and hoses. Check all hose connections to make sure they're secure.

## **Wiper blades**

Check the wiper blades for signs of wear and tear. If they aren't in excellent condition, invest in new ones before you travel. Good wiper blades may seem unnecessary in Saudi Arabia where it seldom rains in the summer, but when you need to clean dust and dirt from the windshield, they are vital.

## **Cooling system**

Carefully check your vehicle's coolant level to make sure it's adequate. In addition, if it's nearly time to have your coolant system flushed and refilled, have it done now. On a long road trip, you'll want your cooling system functioning at peak performance to avoid the possibility of your engine overheating. Remember to also check for leaks from the radiator.

## **Fluid levels**

Check the engine's oil condition and level – if it's time or nearly time to have the oil changed, do it now. Make sure each reservoir is full and if you see any sign of fluid leakage, take your vehicle in to be serviced.

## **Lights**

See and be seen! Ensure all lights on your vehicle are in good working condition. Check your headlights, brake lights, turn signals, emergency flashers, and interior lights.

## **Air-conditioning**

Lack of air-conditioning (A/C) can pose serious health risks, especially for children and seniors who are more vulnerable to heat-related illnesses. Make sure your vehicle's A/C system is fully functional before beginning your trip to protect against heat-related health issues.

## What to take with you

Take along some items that can make the trip more pleasant for you and the family, such as your favorite snacks. In addition, make room for basic safety equipment.

If you are traveling with children, your priority should be to keep them safe and comfortable. For this, make sure that you equip your vehicle with appropriate child safety and/or booster seats in the back seat. Choose a seat that best suits each child's age, weight, and height.

Even a well-maintained vehicle can break down, so it's advisable to put together an emergency roadside kit to carry with you, along with offline maps, a power bank or charging cord, a first-aid kit, nonperishable food, drinking water, and medicines. These will ensure you're prepared for any unexpected event.

## On the road

Getting there is half the fun of a road trip vacation. Plenty of distractions, both inside and outside your vehicle, can take your attention from the road. Cranky fellow travelers, traffic congestion, road construction and detours, and unfamiliar roads are just a few problems you might encounter. While you can expect some distractions, you can also counter them with safe driving techniques.

## Staying focused

The best way to stay focused while driving is to avoid fatigue. Schedule your trip to allow frequent breaks. Stopping for food or beverages, taking time to pull over at a rest stop to stretch your legs, staying overnight at a hotel, and sharing the driving are all good ways to avoid fatigue and stay alert behind the wheel.

## Traveling with children

Remember that long trips can be especially tough on children. Stopping along the way makes the trip easier and less tiring for them. Bring along a few of their favorite books or soft toys to keep the little ones content and occupied. ■





# Emergency roadside kit

Here is a suggested list of things you should include in your emergency roadside kit:

- Flashlight with fresh batteries
- Flares and a white flag
- Jumper cables
- A jack and a lug wrench for changing tires
- Work gloves and a change of clothes
- Basic repair tools and some duct tape
- Water for the radiator
- Paper towels for cleaning up
- Extra windshield washer fluid

# Stay alert to stay safe

**During Ramadan, the ability to concentrate, remain alert, and react quickly can be severely compromised as diet and sleep patterns are altered. These shifts may impact a person's ability to drive safely, making it especially important to remain mindful of the dangers on the road.**

Fatigue is major contributor to the danger of driving during Ramadan. A National Sleep Foundation poll found that 60% of adults have driven tired, and 37% have fallen asleep at the wheel. One of the most effective ways to stay alert behind the wheel is to prioritize rest, particularly before long journeys. With the changes in daily routines that often come with fasting and late-night prayers, many people find themselves staying up later than usual. Despite these changes, it's important to plan your daily schedule to include seven to nine hours of quality sleep to help you stay safe on the road. It's also important to be aware of other drivers who may be fatigued. If you notice someone driving erratically, it's best to let them move ahead and maintain a safe distance. If you feel tired while driving, the best course of action is to pull over safely and take a break. A short nap, a brief walk, or some light stretching can help refresh your mind and body.

Traveling with a companion is another helpful strategy. If possible, share driving responsibilities and take turns behind the wheel. A passenger can also serve as an extra set of eyes, helping to ensure that the driver remains alert and focused throughout the journey. What you eat and drink before driving also plays a role in your alertness. Heavy meals can cause drowsiness, so it's better to choose light, high-protein snacks. While stimulants like coffee, tea, and sugar may offer a temporary boost, they are not a substitute for true mental alertness. There are several warning signs that indicate a driver may be too tired to continue safely. These include frequent blinking or loss of focus, trouble keeping the head up, continuous yawning, and wandering or disconnected thoughts. More serious red flags include forgetting the last few seconds of driving, drifting between lanes, following too closely, missing traffic signals, or nearly causing an accident. By recognizing these risks and

making small adjustments to your daily routine, diet, and driving habits, you can help ensure a safer journey for yourself and others on the road during Ramadan. ■

**60%** of adults have driven tired

**37%** have fallen asleep at the wheel



# ATVs

## A modern connection to an ancient place

### **The mirage of safety**

People are in love with the desert. When people look at sand dunes, they see adventure. In ancient times, dunes were the roadways of the desert. In modern times, dunes have become a place for both young and old to enjoy themselves.

Some people prefer quiet escapes, like camping or barbecuing, while others prefer more exciting activities. All-terrain vehicles (ATVs) are a cheap and easy way to seek thrills. But this is why safety needs to be a priority.

Ancient cultures respected the danger of the desert, but modern technology can make us forget how dangerous and unforgiving it is. Even though ATVs are popular and cheap to rent, they are still dangerous machines that need to be respected and handled properly.

### **A safe thrill**

All vehicles require proper maintenance and care. Just as a sickly camel wouldn't get you very far across the desert, an improperly maintained ATV will stop your fun in its tracks. Rent ATVs from a vendor who takes care of the vehicles, not just one with the lowest prices. You get what you pay for and you don't want to get an unsafe ride.



Sand is not always soft to fall on and can hide rocks or other dangerous items. Wear the proper protective gear in case of an accident. This includes a helmet, long-sleeved shirt or jacket, long pants, gloves, eye protection, and over-the-ankle boots. Another reason to gear up is that flying sand can sting your eyes or scratch your skin.

ATVs are vehicles, not toys. If they are designed for single riders, don't double up. Children under 16 usually don't have the physical size, strength, and coordination to control an adult-sized ATV. Children under 16 also don't have the emotional maturity and reasoning ability required to react to sudden changes and hazards.

Ride an ATV that is appropriate for your age. Youth-sized ATVs have speed limiting devices and are appropriate in size and weight. The U.S. Consumer Product Safety Commission reports that 90% of ATV-related injuries involving children are due to them operating an adult-sized ATV before they were capable.

Address all these issues first, so when you zoom up and down a dune, your focus will only be on the fun-filled day ahead.

If you would like to know more about ATV safety, visit [ATVsafety.org](http://ATVsafety.org). They offer a free e-learning safety course. Enjoy your ride! ■



# It's time to break the bad habits

Some people are neat, some are messy. Some are organized, others live in chaos. Some people know exactly where everything is, others aren't even sure where they are at times. What's the difference? Habits.

What makes a habit "good" or "bad"? Mainly the results we get from the habit. In other words, if our habits lead to a healthier, more productive, and safer lifestyle, the habit should be labeled "good." If the results are negative, the habit is "bad." The good news is that we can all learn to change our bad habits into good habits.

Making your home safe starts with good housekeeping – a place for everything and everything in its place! It's time to look around your home to see what areas can stand some improvement. Ask yourself: What could my two-year-old do with those household cleaning products under the sink or the medicines and vitamins left on the kitchen table? Who might accidentally trip over the roller skates left on the stairs for the past two days? If you had a minor medical emergency, could you get your hands on a first-aid kit?

## Practice good housekeeping

Take an inventory and dispose of unneeded items. Make three piles when you clean out a room by asking yourself "Do I need this? Am I using this?" Give the items in the "No" pile away, keep the "Yes" items, and put the "Maybe" items in a box, seal it and put the date on the outside of the box. If you haven't used any of the items in the "Maybe" box for six months, then give it away without even opening it. That way you will not be tempted to take that treasured item out and save it for another clean-out.

## Start with one area

Tackle the worst place first – perhaps the place where a home accident has occurred in the past as a result of poor housekeeping. Try to accomplish one small task a day. Cleaning and straightening even one drawer in a desk or shelf in the pantry can give you a feeling of accomplishment that will encourage you to move to the next housekeeping job, especially if the reduced clutter and jumble help to make the home safer and more efficient.

## Designate a place for everything

Make or buy organizational helpers like files, dividers, shelves, baskets, bins, and compartments that can help you organize your stuff.

Store all toxic substances, cleaning products, and car care products in locked storage areas in their original containers. Doing so will not only reduce accidental poisonings, but if one occurs, the container will have the first aid instructions and ingredients on the label.

## Label everything

Use words, pictures, colors – whatever works for you – so that everyone in the family, including small children, spouses, and household helpers, can help keep things in their proper places.

## Use baskets

Consider using baskets at the top and bottom of the stairs to carry items. Not only will this decrease the number of trips you have to make, but the baskets will also keep the items to be transported organized and contained, preventing them from becoming tripping hazards. Place the baskets in a location that is clear of the walking route of those using the stairs.

## Pin boards for all the family

Create a personal file pin board for each member of the family. This can help members of your family get out of the house without having to spend time looking for keys, books, glasses, briefcases, mobile phones, tablets, etc. They are also a good place to put messages for family members (such as notes to teachers and shopping reminders).



### Return policy

Return items to their appropriate place every time. Create a “penalty box” for items that aren’t put away properly and place the items inside. A favorite toy, a book, a pair of shoes, a tennis racket kept in this box for a stated time can really get the message across that items left out where they do not belong are a “no-no.”

### Emergency items

List the location of important safety items, e.g., fire extinguishers, first-aid kit, and emergency phone numbers. Post the list in a prominent place. Make sure that you check the list and the items periodically to be sure they are where they are supposed to be and ready for immediate use if needed. ■

## Get the safety habit

- Install smoke detectors on every level and outside the bedrooms.
- Install ground fault circuit interrupters for electrical outlet locations near high moisture areas, such as bathrooms, kitchen, and outdoors.
- Develop a fire escape plan and practice fire drills with your family.
- Install nonslip surfaces in bathtubs, showers, and on bathroom floors, and install grab bars to prevent falls in tubs and showers.
- Always use the correct tool for the job. Makeshift replacements, such as using a kitchen knife as a screwdriver, can cause injuries.
- Always use an appropriate stepladder or stool to reach high items.
- Keep plugs and electrical cords in good condition. Keep electrically powered tools out of the reach of children.
- Place night lights in hallways and bathrooms to prevent tripping in poor light. Even pets sleeping in hallways can be a tripping hazard.

Fast facts

# Seat belts

# 1.19 million

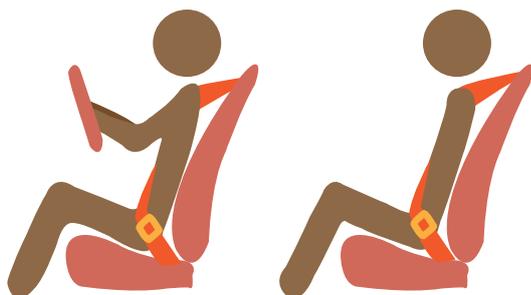
people die globally every year due to traffic accidents

Traffic accidents are the #1 cause of death among those aged 15-29 years

Wearing a seat belt reduces risk of fatality by up to

## 45%

for front seat passengers



## 75%

for back seat passengers



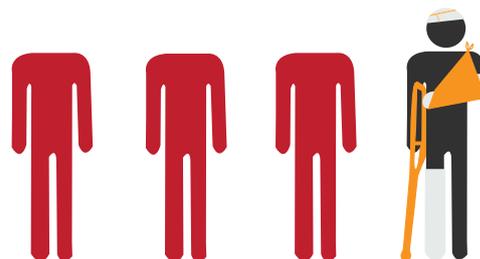
# 30x

more likely to be ejected if not wearing a seat

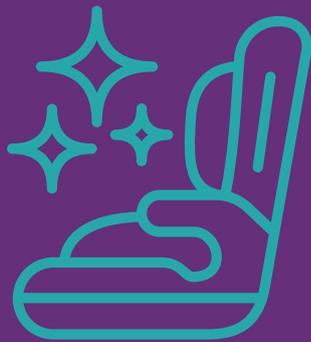
## 3/4

people

who are ejected in a car accident die from their injuries



# Tech for today



## Safe, smart seat

Smart car seats are revolutionizing child passenger safety with advanced connectivity and real-time monitoring features. These seats are equipped with sensors that detect whether the seat has been properly installed, offering parents peace of mind. They also alert caregivers if the child unbuckles their harness or is left alone in the vehicle, preventing accidental abandonment. Some may also include temperature monitoring and ventilation to ensure the child remains comfortable and safe, as well as automatic tightening of the ISOFIX system, which securely attaches the seat to the vehicle. As smart mobility evolves, these seats are a significant step forward in protecting the youngest passengers.

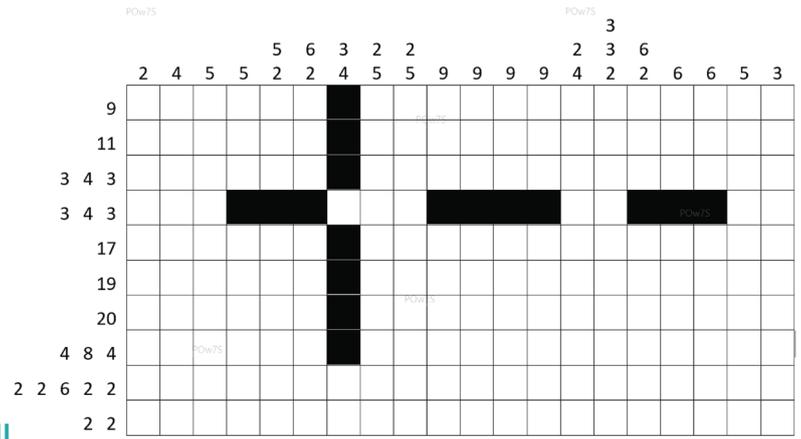
## Wearables for wellness

Wearable technology is emerging as a valuable tool in the care and management of individuals living with dementia, offering a blend of safety, independence, and peace of mind for both patients and caregivers. These compact, often unobtrusive devices, ranging from smartwatches to specialized medical-grade wearables, can continuously monitor vital signs, sleep patterns, and physical activity. Real-time location tracking is one of the most significant features, helping to ensure the safety of individuals who may wander, while also allowing them to maintain a degree of autonomy.

Many wearables are now equipped with fall detection sensors that automatically alert caregivers or emergency services when a fall is detected. Some devices also offer medication reminders, hydration prompts, and personalized activity suggestions to support daily routines.

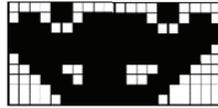


## نونوگرام Nonogram



الحل:

Answer:



## سودوكو Sudoku

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

الحل:

Answer:

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

# هل تريد أن تظهر في مجلة بانوراما؟

ارسل اسمك وموقعك ومعلومات التواصل وصورة لك على الإيميل: [panorama@aramco.com](mailto:panorama@aramco.com)

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