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a weekly Aramco publication



New community facilities open in Jebel Heights

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Company email and mobility functions come to Android

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Sharpening response readiness

Oil spill drill utilizes latest technology in commitment to environmental protection.

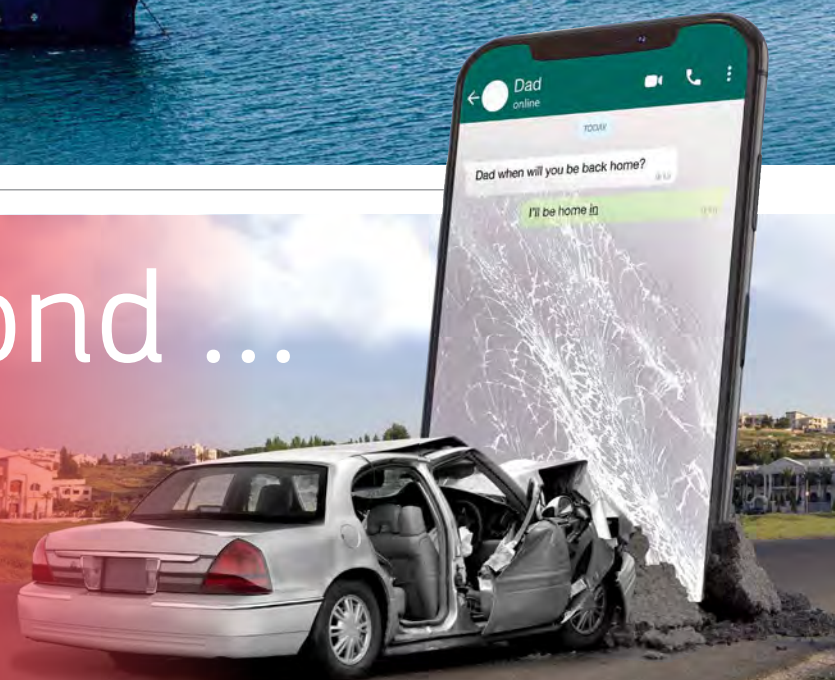
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It only takes a second ...

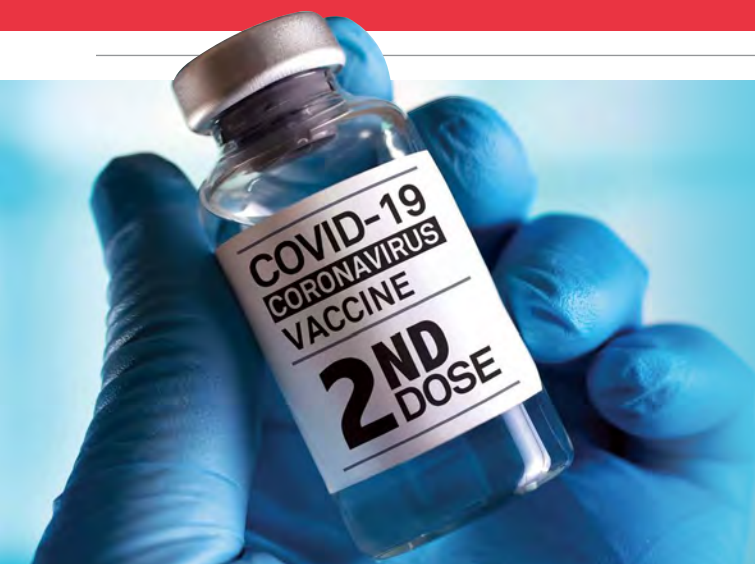
for you to lose your focus while driving.
Stay focused. Stay safe. Stay alive.

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Keeping us safe

In line with government regulations, to enter any Saudi Aramco facility you must be immunized against COVID-19.



Khalid K. Al Mulhim appointed executive director of Corporate Affairs



Khalid K. Al Mulhim

Khalid K. Al-Mulhim has been appointed as executive director of Corporate Affairs, effective August 1, 2021. He had previously been serving in the role in an acting capacity from April 2021.

In his role he directs and administers all of the company's interactions with government and nongovernment agencies. Al-Mulhim is also responsible for the company's vital land affairs, regulatory affairs, and projects review and coordination as well as all official corporate correspondence functions.

Previously, Al-Mulhim was the general manager for Government Affairs from June 2013 through April 2021, where he led Government Affairs through a successful transformation journey in support of Aramco's strategic plans and objectives.

Since he joined the company in 1981, Al-Mulhim has assumed a number of professional, supervi-

sory and management roles, including the manager of Aramco Affairs-Eastern Province, Central Community Services, and Public Relations Operations. In addition, he served in an acting capacity as the executive director for Corporate Affairs, general manager for Public Affairs, director of Personnel, manager of the Aramco Affairs departments in the Central Province and Western Province, and manager of Aramco Affairs Services. Previously, Al-Mulhim was manager of the Industrial Relations Department of the Aramco Services Company based in Houston, Texas. Prior to that, he served in the Personnel and Employee Relations Policy & Planning Departments.

Al-Mulhim has also been heavily involved in a number of special events and programs, such as royal visits, major facility inaugurations, and events related to Aramco's landmark initial public offering. Among the highlights of these events were

the company's 75th Anniversary celebrations and the royal inauguration of the King Abdullah University for Science and Technology. In addition to his company responsibilities, Al-Mulhim served as a board member in a number of companies as well as charitable and philanthropic societies in the Kingdom.

He earned a B.S. degree in Industrial Management, and completed the Executive Education Program at the Harvard Business School, the University Executive Program at the London Business School, the Oxford Energy Seminar, and the RADA's Executive Influence Program. In addition, he has been selected for a number of specialized company development programs over the years, including the Aramco Management Development Seminar in Washington, D.C., the Strategic Leadership Program, the Aramco Joint Venture Board of Directors Program, and the Asia Business and Culture seminar.

Your voice

Super small, super simple; super successful



By Ahmed S. Abdelmoeti
Dhahran

Ahmed.Abdelmoeti.2@aramco.com

Maybe the title of the article sounds "super strange" to you, not only because it consists of six words that start with the letter "S," but also because it could imply a clear paradox.

What leads to success

Through the years, many leadership experts, motivational speakers, and famous writers have attributed great success to massive changes, total transformations, and paradigm shifts. Such elegant expressions, unintentionally, led to frustration among normal people who dreamed of making their lives better. We were told that achievements and breakthroughs need giant leaps that can make immediate impacts and lead to notable changes.

Subsequently, a lot of modern researchers, scientists, and specialists open new horizons of hope for normal people, like us, by stating that tiny habit changes that create small improvements in the right direction will definitely result in desirable outcomes.

New research, new findings

In the last two decades, tens of books and papers were published to prove and exemplify the impacts of simple and small changes. Among

these famous and best-seller books are: "Atomic Habits" by James Clear, "Tiny Habits" by B.J. Fogg, and "Stick with It" by Sean Young. All these writers emphasize that positive changes should be gradual, simple, and even easy. None of them underestimates the importance of thinking big and having ambitious dreams or goals. Consequently, they stress that dreams and goals cannot be achieved without being broken down into small achievable and measurable targets, and then developing small and simple habits that lead to accomplishing such targets.

Success builds up and accumulates like a snowball. The well-known saying "Nothing succeeds like success" reflects this idea. When you have small and simple steps, it will be easy to succeed, and this success will motivate you more than anything else.

The magic impact of tiny changes

Clear says, "If something or a process gets 1% better each day for one year, it will end up 37 times better by the end of the year." For sure, the impact will not be clear in the first few days of even months. However, it will be notable in the long run.

This is the principle that is followed by athletes, inventors, and successful authors. "Success is a few simple disciplines, practiced every day; while failure is simply a few errors repeated every day," said entrepreneur and author Jim Rohn.

My personal story

In 1992, I graduated with a B.S. degree in the English language. When I started working as a teacher, I realized that I had to improve my English. I started a small habit to study for about one hour most nights. After a few years, I won second place in a very comprehensive competency test conducted for more than 600 teachers in my area (governorate) in Egypt, surpassing all my teachers and supervisors. This success helped me to win more than one scholarship to study in the U.S. and the U.K.

Amazing achievements and inspirational success stories are not the results of miracles or extraordinary actions. They are just the results of small changes that go simply on the right track with consistent improvement.

The good news is that you and I can embrace such small and simple practices to be super successful.

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Receiving your visitors has just become simpler

Industrial Security Operations (ISO) continues its digital technology drive with the launch of a new visitors' Hayak Service in Dhahran.

As a result, visitors will no longer need to stop at the ISO Visitor Centers and print out hard copy visit requests to access nonrestricted areas.

ISO plans to roll out the service in more Aramco areas of operation in the future.

With the new technology, visitors will receive a Quick Response Code (QR code) to his/her mobile phone via a SMS message, which enables them to go to an ISO security gate where security personnel will scan the code with a hand-held device, which authenticates and grants access.

The new Hayak visitor digital pass can be used by both business visitors and personal visitors and the QR code will be valid for the duration of the visit requested.



Pictured at the inauguration of the new Hayak visitor service are, Aali M. Al-Zahrani, vice president of Safety & Industrial Security; Sami A. Al-Ajmi, general manager of Industrial Security Operations; and Khalid A. Buali, manager of the Industrial Security Support Department.

ISO general manager, Sami A. Al-Ajmi, explained, "The launch of the 'Hayak' service, meaning 'welcome' in the Arabic language is the latest digital initiative by ISO, to really enhance the visitor experience to Aramco's Dhahran community, with the expectation of rolling it out in our communities across the Kingdom.

"In collaboration with IT, we continue to utilize existing and emerging technologies to improve security and services, in alignment with the company's overall digital transformation strategy."

How it works

- You generate a visit request through ISO mySecurity App or the ISO Visitor Management System.
- Visitor receives a QR code in his/her mobile phone via SMS message.
- Visitor goes directly to an ISO gate without having to stop by an ISO Visitor Center.
- An ISO security personnel scans the QR code in the visitor's mobile phone with a hand-held device.
- Once the digital request is authenticated, the visitor is granted access.

Alanood A. AlRabiah, administrator, with the Industrial Security Technology Solutions Division, added, "We are delighted to launch this initiative, which will ensure the smooth and safe passage of visitors through the community. Our collaboration with IT has leveraged mobile friendly technology to further improve

efficiency and offer seamless visits. We will continue to explore ways in which we can adapt best-in-class digital technologies to our day-to-day operations."

In the event of a visitor expecting internet connectivity issues, he/she should download the QR code prior to visiting a security gate.

They can also keep a reference of the visit request number in case they need to use it at an ISO Visitor Center instead of the digital visitor boarding pass QR code.

"This user-friendly technology removes the need to physically visit an ISO Visitor Center, which improves the service to our customers. While visitor centers will still function, this initiative provides another convenient option that we are sure employees and their business or family visitors will appreciate," said Hayak project lead, Abdulaziz S. Alhezam.

For more information and help, you can visit ISO's dedicated Hayak Service ShareK webpage.

You can also email or call the ISO Security Customer Support Center at 989 (013-876-6000) and we will be happy to answer your questions and assist you.



Saudi Arabia's and GCC's first Chartered Environmental Health Practitioner

Hassan M. Alzain, an environmental health scientist with Environmental Protection (EP), recently became a Chartered environmental health practitioner, and in doing so, became the first Saudi and first citizen of the Gulf Cooperation Council (GCC) region to receive this status from the U.K. Chartered Institute of Environmental Health (CIEH). To obtain this award, Alzain successfully undertook an environmental health project based on COVID-19 Prevention in Contractor Camps and this was followed by a professional interview by a panel of leading CIEH environmental health practitioners in the U.K., to validate Alzain's technical competency and professional judgement.

Empowered by the company to pursue his passion

Alzain gives credit to Aramco for giving him the opportunity to contribute to high-level environmental health projects and gave a sincere thanks to EP, whom are actively encouraging the

development of young emerging professionals to improve and sustain the quality of life.

"Environmental Protection plays a key role in assuring the highest level of health protection to the company's workforce. Environmental Protection continues to fuel the passion and ambition of young and talented professionals to develop and execute high quality projects; showcasing the company's environmental and health capabilities on a national and international level. This was a key factor in enabling me to provide support to all Aramco organizations during the COVID-19 response, especially in contractor camps," Alzain said. He also acknowledged the support of his mentor, Jason R. Hall, who holds a Chartered Fellowship with the CIEH.

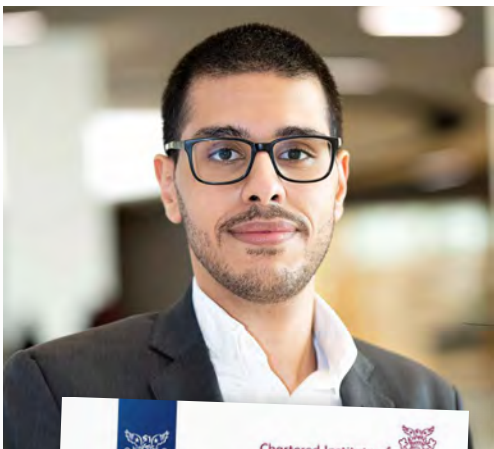
As a member of EP's Environmental Health Unit since 2017, Alzain's work has focused on environmental health assessments and the development and

management of environmental health standards in the context of the oil and gas industry. Most recently, and since the start of the COVID-19 pandemic, Alzain has been actively involved in EP's support to the company's COVID-19 response, while also playing a key role in the development of the Aramco Contractor Well-Being Program.

About the CIEH Chartered status

Founded in 1883, the CIEH is a professional membership body concerned with environmental health and promoting environmental and public health standards in the training and education of environmental health professionals worldwide.

The CIEH Chartered Environmental Health Certification Scheme is the premier international environmental health certification route recognizing professionals with excellent and aspirational qualities and achievements in the field of environmental health.



Aramco innovates nonmetallic materials

By Eduardo A. Villen, Naif S. Al-Otaibi,
Muhammad A. Makkawi, Abdullah F. Aloumi
and Saad Qarni

At Aramco, we are a catalyst for developing technology solutions to address some of the world's most pressing energy and materials challenges. Innovating nonmetallic materials is one such area in which we are making significant contributions.

Corrosion is a big problem in industries around the world. The global cost alone is estimated to be \$2.5 trillion, equivalent to 3.4% of global GDP — impacting businesses, governments, and society. Nonmetallic solutions, such as the development of advanced plastics, can therefore play a significant role in helping to reduce this problem.

Nonmetallics could offer the potential to:

- Eliminate or minimize corrosion to enhance safety, integrity, and reliability of products such as pipes
- Encourage investment in new nonmetallics producing companies, and therefore support job creation
- Minimize life cycle costs by reducing the cost of corrosion, maintenance, or replacement
- Promote the conversion of oil to petrochemicals
- Reduce the emission of carbon dioxide considering the entire life cycle.

Thanks to the elimination of metallic corrosion, their lightweight properties, durability, and cost efficiency, nonmetallic materials could play a major role in the oil and gas industry. Nonmetallic applications in the oil and gas sector include onshore and offshore piping, tanks, vessels, cooling towers, valves, and pumps, as well as secondary offshore structures. We are increasing the deployment of nonmetallic materials across our operations.

Here are a few examples.

Jazan flood mitigation channel

By far, the largest project making use of nonmetallic products in-Kingdom is the Jazan Refinery and Terminal Project and the associated Jazan Economic City.



PERT pipes at use in Marjan.



Nonmetallic solutions have been deployed successfully at Jazan operations, including using glass fiber reinforced polymers bars for a 20-km concrete flood mitigation channel.

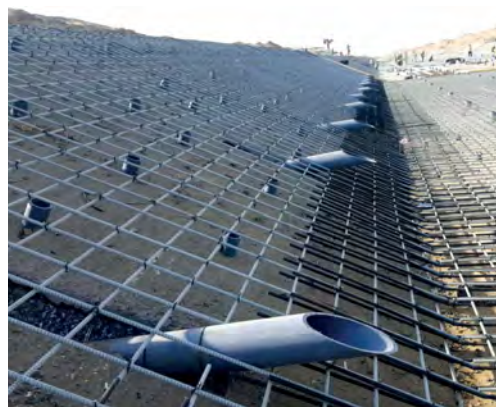
Begun in 2014, the Jazan mega-project includes a 20-kilometer (km) long concrete flood mitigation channel using glass fiber reinforced polymer (GFRP) reinforced bars — instead of traditional steel reinforced bars — at Jazan Economic City. The scale of this project makes it the largest project in the world using the new nonmetallic material.

The concrete channel, which used a total of 9.6 million lineal meters of GFRP rebar, is designed to manage a once-in-100-year flood, directing water flows away from the company's refinery and terminal mega-projects and into the Red Sea. The almost 22-km long channel runs along the eastern and southern boundaries of the site.

Advantages of GFRP

Based on almost three years of project execution, the study so far has found that GFRP:

- Is cheaper to purchase and install than traditional rebar
- Uses much less material than its steel counterpart
- Takes less manpower and associated materials to lay
- Is resistant to water and chemical corrosion
- Has higher tensile strength



Jazan has used nonmetallics reducing production and maintenance costs.

- Is electrically nonconductive and unaffected by magnetic fields
- Does not require protection from the soil when laid
- Is lighter in weight than its traditional counterpart.

Overall, the use of GFRP reduces project execution time, construction and maintenance costs, especially in remote locations or harsh environments. In terms of laying costs, the material is almost 70% cheaper than traditional epoxy coated steel rebar.

Marjan Onshore Oil Facilities Division

When Aramco project engineers started planning for increments for the Marjan and Zuluf fields, they looked for alternatives to carbon steel material, which was vulnerable to internal and external corrosion.

What they needed was a material that wouldn't suffer from the presence of chemical compounds, including hydrogen sulfide, carbon dioxide, and water, substances that are commonly found in the oil and gas production process. Nonmetallic products, they discovered, are a cost-effective alternative for reliable plant operations.

The Marjan Onshore Oil Facilities Division is deploying a range of nonmetallic materials that will ensure minimizing the life cycle cost associated with maintenance or replacement with less downtime. These include:

PERT lined pipe: This is a 7.7-km long, 30-inch diameter polyethylene of raised temperature resistance (PERT) lined carbon steel pipe for the disposal of produced water at the new increment of the Tanajib gas-oil separation plant. When completed, it will be the longest and largest diameter pipeline of PERT lined

technology in the company.

In-plant applications: Plant designers included several applications of nonmetallic pipes, including locally fabricated high-density polyethylene pipes in underground firewater systems and reinforced thermosetting resin pipe (RTRP) for a potable water application. Designers also included fiber reinforced plastic (FRP) lining in several tanks at the water injection plant's water treatment package and sewage treatment package, to alleviate chemical corrosion in metal storage tanks that could result in possible leaks and tank bottom damage.

Berri increment program

The Berri Increment Processing Facilities Project is among several locations around the Kingdom where nonmetallic products have recently been deployed.

The numerous nonmetallic applications include a corrosion resistant FRP cable tray, RTRPs, and GFRP reinforcing bars. At company processing facilities such as Berri, nonmetallic materials will play a major role as a material option to reduce corrosion failures, weight, and cost.

The planned facilities are part of the company's crucial mission to provide energy as global demand continues to rise. Upon completion, the increment program will include a new gas-oil separation plant on Abu Ali Island to process 500,000 barrels of Arabian Light crude oil per day, and additional gas processing facilities at the Khursaniyah gas plant to process 40,000 barrels of associated hydrocarbon condensate.

The program includes a new water injection facility, two drilling islands, 11 oil and water offshore platforms, and nine onshore oil production and water supply drill sites.

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Company building upon years of digitalization success

By Eamonn Houston

Aramco continues to build upon a digital transformation that has a rich history spanning decades, a landmark Fourth Industrial Revolution (IR 4.0) forum has been told.

The senior vice president of Technical Services, Ahmad A. Al Sa’adi was addressing a panel discussion group at the First Saudi Forum of the IR 4.0 in the Kingdom’s capital, Riyadh.

Aramco is effectively blazing a trail within the energy industry with its targeted strategic focus on deploying cutting-edge digital technology across its operations.

Al Sa’adi shared the platform with Ahmed Al-Zahrani, assistant Minister of Energy; Mohammed Abunayyan, chairman, ACWA Power; and Jason Bordoff, director, Center on Global Energy Policy at Columbia Climate School.

Exciting journey

“We are already embarking on an exciting journey when it comes to digital transformation, and in 2017, we developed our digital strategy,” Al Sa’adi told the panel discussion group under the theme ‘Accelerating Clean Energy Transitions.’

“Of course, our strategy did not start from scratch — we’ve been really trans-



forming ourselves for many years with regards to the digital transformation,” he said.

The senior vice president pointed to Aramco’s flagship reservoir mapping TeraPOWERs simulator, which heralded an unprecedented deployment of digital technology more than 20 years ago, and which has been evolving ever since.

Neural networks and inferential modeling have also revolutionized refinery and gas plant efficiency.

Building on success

“We build upon our successes over the years, and what we have done as part of this new and exciting journey is that we

have established our baseline through a very rigorous benchmarking exercise.

“We very carefully selected a world-renowned benchmarking group, where we benchmarked ourselves in four quadrants.”

The quadrants examined are the company’s operating model, digital platforms, business optimization, and Aramco’s digital venturing.

Public and private partnerships will be key to the success of IR 4.0, Al Sa’adi said, who went on to list government and private entities that the company collaborates with.

“We have deployed one of the fastest

computers in the world — the Dammam 7 Super Computer, and that was in collaboration with STC, one of the national telecommunications companies.

“On the technology side, we have developed our cloud strategy, which has three-tier strategies. First, we have developed our private cloud strategy, which allows us to run our in-house applications. Second, we have deployed third-party strategy in partnership with Google and SAP Ariba. And third, we are working with SDAIA on a national cloud strategy for critical national infrastructure within the Kingdom.

“On the re-skilling front, we are working with KFUPM, KAUST, and international universities such as Georgia Tech and IE of Spain to develop our people and to make sure that they are skilled and able to deliver on their commitments,” according to Al Sa’adi.

The future, he said, will see further Aramco IR 4.0 drives on decarbonization, cybersecurity, and green ventures.

The IR 4.0 forum has a goal to be a global platform for multiple stakeholder collaboration across the public and private sectors, while maximizing the technological benefits to society.

Saudi Arabia inaugurated its IR 4.0 Center in partnership with the World Economic Forum on the sidelines of the event.

Sharpening response readiness

In line with Aramco’s efforts to enhance the safety and protection of the environment of the Arabian Gulf, and to ensure the company’s preparedness response level is vigorously maintained for any incident, the Marine Department recently carried out a major oil spill drill at the Safaniyah Offshore Field in the northern part of the Arabian Gulf.

The two-day drill’s objectives included the collaboration with government authorities, demonstrating Aramco’s capabilities while acquiring international cooperative support and assessment of the event.

The drill simulated a response to large oil slicks crossing Saudi Arabia’s sea borders and moving toward Aramco facilities, and involved the active participation of 14 company organizations.

Joint Response Team

Upon initial notification of the incident, the Joint Response Team assembled, using the Marine Tanajib emergency control center (ECC) as a unified command center with live streaming of field activities going to the ECC through IT advanced systems.

The response team was divided into working groups to effectively handle the various aspects of the incident, including command, planning, operations, logistics, waste management, and other support. The structure was in accordance with the internationally adopted Incident Command System.

Drill activities simulated response operations to very large oil slicks extending into Aramco offshore oil fields and drifting toward the Safaniyah pier and water intakes, endangering environmental and industrial sensitive areas. The response team was challenged with combatting a major crude oil spill of 37,000 barrels.

The oil spill response operations included offshore containment and recovery by a total of nine Marine vessels, shoreline cleanup by the Marine Pollu-

tion Control Unit, and aerial support by Aramco’s Aviation helicopter and dispersant spray sorties by air tractor. The drill was led by the Marine Department, and attended by representatives from several departments, namely Government Affairs, Safaniyah Producing (onshore/offshore), Loss Prevention, Industrial Security, Risk Management, Law, Aviation, Transportation & Equipment Services, Northern Area Community Services, Area Information Technology, Environmental Protection, Johns Hopkins Aramco Healthcare, and Corporate Communication.

Aramco’s Oil Spill Committee chairman and executive director of Industrial Services, Fahad M. Al-Abdul Kareem, commented on the drill, saying, “Aramco has, once more, demonstrated its ability to initiate a major oil spill response ef-

fort, in collaboration with government authorities and international responders, to protect Aramco and KSA interests and the natural sea environment.”

The drill represented a real test of the company’s capabilities, as well as cooperation and coordination with major stakeholders in emergency and oil spill response — both in-Kingdom and globally. Al-Abdul Kareem added that the committee charter includes ensuring that Aramco is ready to respond to potential oil spill incidents anytime and anywhere across its operating areas.

Abdullah O. Al-Tewairqi, Marine Department manager, emphasized that the drill is an integral part of Aramco’s emergency preparedness activities, noting that the drill demonstrated the company’s proven leadership in oil spill response readiness and response, with use of the latest technology resources and capabilities.

Traffic safety ... A reminder to all

By Scott Baldauf

In the Eastern Province, there has been a troubling rise in traffic accidents in the first five months of 2021, and this poses a stark reminder for all of us to remain vigilant about our own safe driving behaviors.

Latest statistics

According to the latest statistics for the Eastern Province, there has been a 12% increase in traffic accidents in the Eastern Province in the first five months of 2021 compared with the same time period in 2020; an 8% increase in serious injuries; and a 28% increase in traffic fatalities.

As employees of Aramco, we know how critically important our work is for the success of our company. To keep it

employees safe, Aramco has committed to the highest levels of safety in the workplace, a mindset that guides all key operations, corporate policies and procedures. This commitment to safety extends well beyond our company gates. Each of us is encouraged to bring this safety mindset with us on our journeys to our homes, and to everything we do at home as well.

As much as Aramco does to ensure employee safety in the workplace, we must all protect ourselves and our families from the greatest risks while driving. Considering the Eastern Province statistics, the top three causes of traffic accidents in 2021 were:

- 23% sudden turning
- 16% distracted driving
- 12% jaywalking, or pedestrians crossing in an undesignated zone



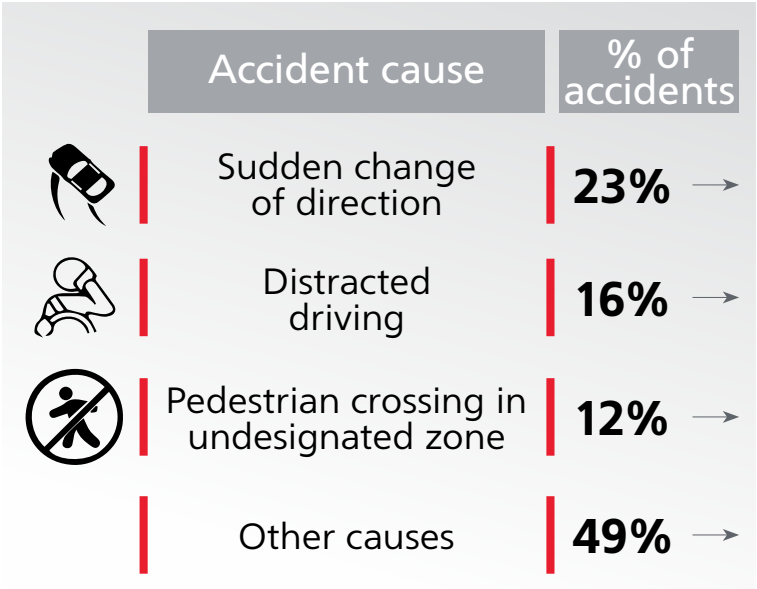
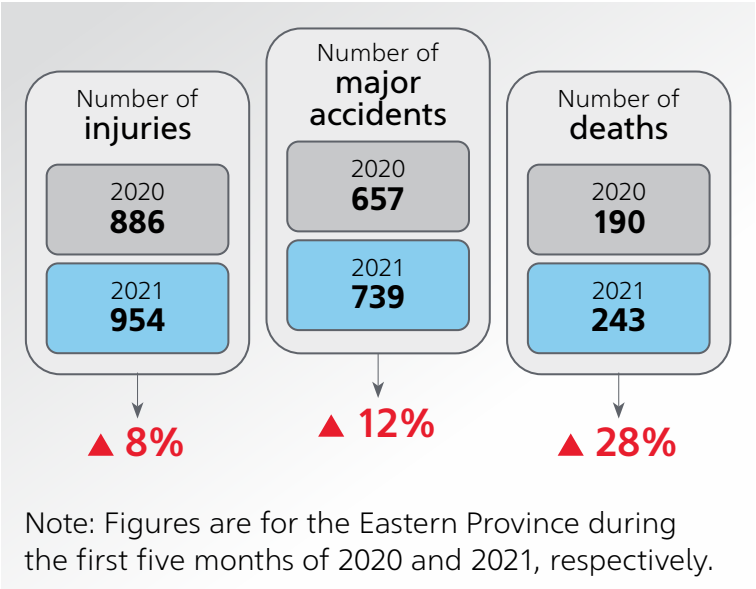
Distracted driving

When it comes to distracted driving, which is responsible for 16% of all traffic accidents at the Eastern Province, each of us can dramatically improve

the safety of our roads and highways by avoiding two specific behaviors: driving while fatigued, and using mobile phones while driving. Use of mobile phones, for instance, has become increasingly common, and the mere act of taking a phone call while driving can take our eyes off the road just when our full attention may be needed to prevent an accident. Driving while fatigued — a worldwide risk that is responsible for 25% of all traffic fatalities in Britain, for instance — can also have deadly consequences.

GI 6.030 “Traffic and Vehicle Safety” specifically states that when driving in company communities, it is prohibited to use any hand-held communication devices, including mobile phones.

We must all remember: Every life of every employee is precious. Our families, friends, and colleagues depend on each of us to drive safely. Safety is everyone’s responsibility.



Jebel Heights facilities open to community

In pursuit of improving the quality of life for Aramco employees and their families, new facilities have been recently introduced to the Dhahran community located in Jebel Heights. The newly opened facilities were inaugurated by the senior vice president of HR & Corporate Services, Nabeel A. Al-Jama’ and the then executive director of Community Services, Faisal A. Al Hajji on July 29, 2021. These facilities offer a wide range of shops and amenities to suit everyone in the community, and have been designed with the residents’ comfort and well-being in mind.

Community Center

Part of Jebel Height’s new community facilities is the community center with a total floor plan area of 1,922 m², consisting of a commissary with a floor plan of 861 m². The commissary includes a bakery offering delicious baked goods, butchery, a fresh fish market, and a large variety of groceries to cater to everyone’s shopping needs.

Next to the commissary is the food court with various concessioners serving local and international cuisines, hot drinks, salads, and sandwiches. Visitors have the option of popping in at the café to enjoy coffee with a colleague, dining in with family and friends at the restaurant, or just grabbing a sandwich or two for those in a hurry. These shops will be operating shortly.



Recreation building

Adjacent is the recreation building with a total floor plan area of 2,710 m², divided into an indoor and outdoor area. The indoor facility includes a multipurpose hall with an area of 660 m², which can easily be reserved for functions using the Health Passport Application. Also included are fitness rooms with a sauna, steam room, and locker room, available for males and females, measuring at a total area of 750 m².

Along with a kiddie pool and Jacuzzi for the outdoor facilities, swimmers will be happy to know that a new outdoor lap pool is part of the Jebel

Heights facility with male and female lockers/changing rooms. Counting the Dhahran Hills lap swimming pool, this will give swimmers the option of two lap pools in the Dhahran community and a total of six swimming pools altogether.

On the opposite side of the community center’s parking area stands the Ali Ibn Abi Taleb mosque that can accommodate up to 800 male and 400 female worshippers. Other than being a landmark pleasing to the eye, visitors won’t need to worry about parking as 329 cars can be accommodated at the mosque’s spacious parking lot.



Outdoor recreation facilities

To complete the outdoor recreational activities, part of the exciting new facilities at Jebel Heights are 14 soccer fields for soccer players’ contentment. Comprising of one large field (105 m × 70 m), 11 medium fields (90 m × 45 m), and two small fields (25 m × 16.5 m), each in accordance with FIFA standards.

Community park

Near the soccer fields, residents will be pleased to learn of the 48,000-m² area community park for long peaceful evening walks, exercise runs, and where children can spend time at the playground and sandpit.

Well-being

Caring for your health and wellness

Watch out for the heat and stay cool this summer!

Your body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough.

Your body temperature can rise to dangerous levels and you can develop a heat illness. Heat illnesses happen when the body becomes too hot and cannot cool itself. There are several different types of heat-related illnesses. This includes heat cramps, heat exhaustion, and heatstroke.

Most heat illnesses happen from staying out in the heat too long. Heat illnesses are common, dangerous, and can be life-threatening if not promptly treated. But preventing heat illnesses is easier than treating them.

Heat Rash

Heat rash is a skin condition caused by sweating. Hot, humid weather prevents sweat from evaporating from the skin quickly. Heat rash can then develop; it looks like small, red bumps. The most common areas where heat rash develops are on the neck and upper chest, the groin area, and in elbow creases.

Treating heat rash is simple. You should move the person to a cooler place, and keep the area with the rash dry. Anyone can experience heat rash, but heat rash is most common in young children.

Heat rash is the least serious type of heat illness, as it is not life-threatening.

Heat Cramps

Heat cramps are another mild form of heat illness. Heat cramps are painful muscle cramps that are caused by sweating and exercise during hot weather. Usually, these cramps are felt in the abdomen, arms, or legs. A person with heat cramps may also have flushed skin and a mild fever.

Sweating causes the body to lose



salt and moisture. If you do not have enough salt in your muscles, your muscles will cramp and cause you pain.

To treat heat cramps, you should sit quietly in a cool place. Drinking clear juice or sports beverages will help replace lost moisture and salt. You should continue resting for at least a few hours, even after the cramps stop. If you start exercising too soon you could get heat exhaustion or heatstroke.

You should contact your health care provider if your heat cramps do not go away after 1 hour of rest. Heat cramps are also a symptom of heat exhaustion.

Heat Exhaustion

Heat exhaustion is when the body is unable to cool itself properly; it is more serious than heat cramps. Heat exhaustion is caused by extreme heat and sweating without salt and fluid replacement.

Heat exhaustion may develop over several days if you are not eating healthy and replacing enough of the salt and fluids lost while sweating.

Symptoms of heat exhaustion include: Muscle cramps, a fever of 38.9 C or higher, nausea or vomiting, diarrhea, weakness, tiredness, headache, fainting, paleness, and rapid pulse.

A person with symptoms of heat exhaustion should move to a cool place to rest. Place cool cloths on the skin, or use a fan to cool the person's body. Sports drinks are a good way to replace any salt that the body may be missing because of sweating.

You should contact your health care provider if your symptoms do not go away after 1 hour of rest or if they get worse. If your body temperature is 40 C or higher, you should go to the emergency room right away. If untreated, heat exhaustion can develop into heatstroke.

Heatstroke

Heatstroke is the most serious type of heat illness. Heatstroke is when the

body is overwhelmed by heat. It can be life-threatening and requires emergency medical attention.

During a heatstroke, the body loses its ability to cool itself rapidly and efficiently. This causes the body temperature to rise quickly. If untreated, it can cause death or permanent damage to important organs, like the brain.

Symptoms of heatstroke are not the same for everyone, but may include a high body temperature of 39.4 C or higher, red hot skin that lacks sweat, a rapid heart rate, headache, nausea or vomiting, dizziness, tiredness, confusion or agitation, and unconsciousness.

If a person has the symptoms of heatstroke, they must be treated by a health care provider. Call 911 right away.

You should make sure the person is in a cool place resting while waiting for the ambulance. You can also cool the person down with water, fans, and ice bags placed in the armpits and groin. If the person is alert, offer fluids.

The longer treatment is delayed, the higher the chances are of developing serious complications. Heat illnesses are preventable.

If you can't avoid the hot weather, you should rest frequently in a cool place. Drink fluids to replace any that are lost. Alcohol, tea, coffee, and soda will cause you to lose more fluid and should be avoided. If you are not used to hot weather, take time to slowly adjust to it.

When you are out in the heat, you should wear light-colored, lightweight clothing. Dark clothing absorbs heat and will make you hotter. Tight, heavy clothing will not allow the sweat to evaporate from your body unless it is made from materials that absorb moisture, such as cotton. It is better to wear loose clothing that will let sweat evaporate from your skin.

You should never leave anyone in a parked car when it is warm outside. This is a common cause of heat-related death in children. Even if the car is in the shade and the windows are cracked, it is never safe to leave any person or pet in a parked car in hot weather.

Also, be aware of your risk. You should be extra cautious if you work in a hot environment, cannot avoid heat, or take certain medications. Certain physical conditions increase your risk for heat illnesses, e.g., fever, dehydration, obesity, poor circulation, and sunburn.

Any symptoms of overheating should be taken seriously and dealt with quickly. The most important action you can take to prevent a heat illness is limiting your time spent in the heat when the weather is hot and humid.



the arabian sun



Watch out for the heat and stay cool this summer!

see page 7

Together we can end the pandemic: Important COVID-19 vaccination update

In line with the Ministry of Health (MOH) directives, Johns Hopkins Aramco Healthcare (JHAH) is pleased to offer **second dose** vaccinations to **all vaccine eligible age groups** of Aramco employees and their eligible dependents who have received their first dose of the COVID-19 vaccine at JHAH.

Information about the second dose

How do I book an appointment for the second dose of the vaccine?

You can book your appointment using MyChart if you are registered for care at JHAH. You can also contact our call center at 800-305-4444 to book an appointment.

I want to know more

You can learn more about the COVID-19 vaccination and second dose appointments at: JHAH.com/CV19-Vax.



#TakeTheStep
Get Vaccinated

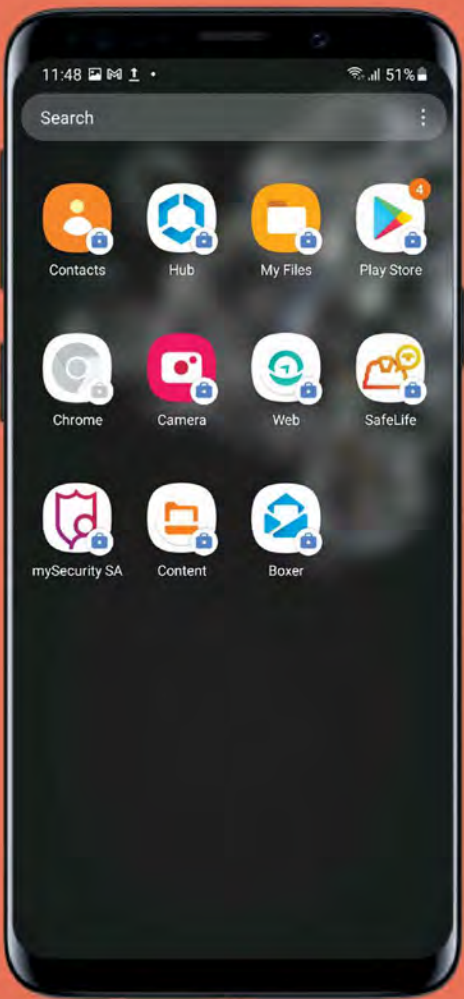
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