

# Panorama

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**Doorway defense**

Firewall for your home

**Game on: Benefits of gaming**

More than just fun

**Making a splash**

Swim safely this summer

# Panorama

Issue 1 - 2024

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

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On the cover and pages 12-15:  
Eleena and Ahmed M. AlNasri

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

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# Wild animals are wild

They might be cute and cuddly, and the perfect subject for a selfie, but beneath their fluffy or feathery exterior a wild animal can quickly live up to its title and be unpredictable, even dangerous.

Teddy bears, social media videos, and cartoons of animals can make them seem unthreatening and endearing, by giving them human characteristics and gentle personalities. No matter how strong the temptation to get close to a wild animal is, it must be balanced with the fact that while it might seem “cuddly and adorable,” it’s not there to be pet.

Many animals in the wild have become used to people or they may be a naturally inquisitive species. This makes it easy to get up close to them. Whether it be monkeys climbing trees, elephants splashing in a river, or an antelope grazing – an animal does not have to have long teeth or a fierce reputation to be dangerous.

Taking photos of wild animals, walking in the wild, or finding a wild animal in the garden is not dangerous in itself. Outdoor activities such as hiking or visiting parks and wildlife reserves, can be an important part of appreciating the natural world. Interacting with wild animals only becomes dangerous when respect is lost for the animal and its environment.

There are some simple rules to follow to stay safe while out in nature or during an unexpected encounter with a wild animal. Maintain a safe distance to watch, but don’t try to touch or get close. Most animals fear people and will not attack unless they feel threatened.

Particular care must be taken around animals that have their young present. Protecting their offspring can make females more aggressive if they sense a threat. This is as much for domesticated animals as those in the wild. Cows charge, horses bite, and cats scratch if they are being protective over their young.

Never feed wild animals. Giving them food that they do not find themselves can make them dependent on humans and as they come to associate humans with food, they can become more of a threat and even a pest. Human food is also rarely healthy for these animals and can cause them illnesses and even death.

Be aware of the surroundings, some animals are well camouflaged and blend into the landscape, such as snakes. Remain alert and watchful when moving and pay attention to what is happening, to avoid dangerous situations.

If there is any concern over animals nearby, make a noise. Talking loudly can alert animals to a presence, while stomping on the ground if there is a fear of snakes nearby is likely to ensure they stay out of your way. Avoid disturbing objects in the path, as animals can be hidden underneath them.

When walking in the desert or the forest, dress appropriately. Long pants and sturdy shoes act as a layer of protection in case of stings or bites.

Treat all things in nature with respect, including dealing appropriately with those animals considered pests. Just because an animal is feared, does not mean it should be killed. Snakes, scorpions, spiders, and foxes are all part of complex ecosystems. If one element is targeted or removed from an ecosystem, the entire ecosystem can become unbalanced and create undesirable results.

An example of this is removing snakes from urban areas as they are considered a threat to people. This removes an important predator of rodents, so in removing one “pest,” another problem can be created.

The world is shared with many millions of different species of animals. Some of these can be dangerous, but in most circumstances, it is easy to stay safe in the presence of wild animals by following some simple rules and maintaining a sense of respect for nature. ■

## Don't feed the baboons

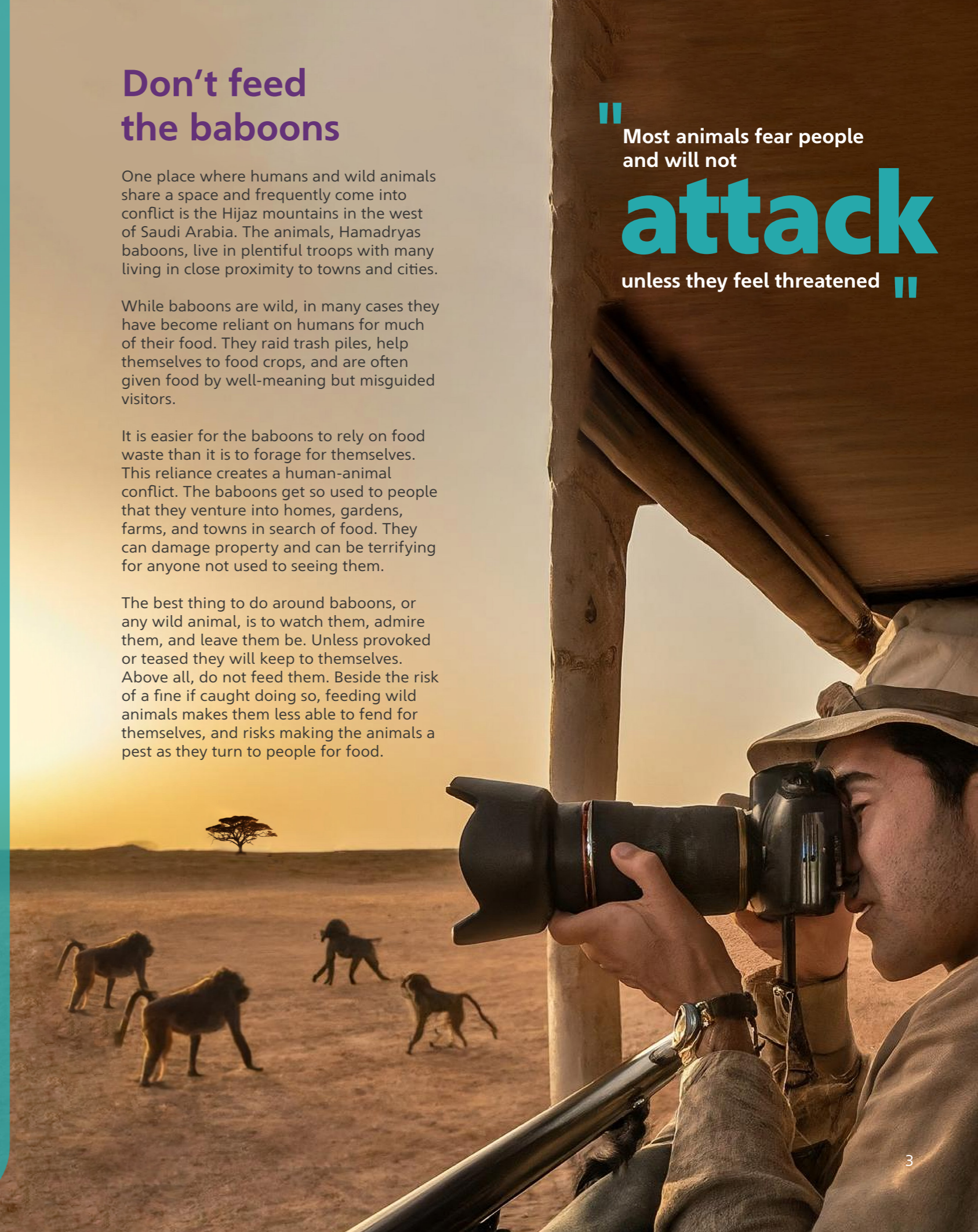
One place where humans and wild animals share a space and frequently come into conflict is the Hijaz mountains in the west of Saudi Arabia. The animals, Hamadryas baboons, live in plentiful troops with many living in close proximity to towns and cities.

While baboons are wild, in many cases they have become reliant on humans for much of their food. They raid trash piles, help themselves to food crops, and are often given food by well-meaning but misguided visitors.

It is easier for the baboons to rely on food waste than it is to forage for themselves. This reliance creates a human-animal conflict. The baboons get so used to people that they venture into homes, gardens, farms, and towns in search of food. They can damage property and can be terrifying for anyone not used to seeing them.

The best thing to do around baboons, or any wild animal, is to watch them, admire them, and leave them be. Unless provoked or teased they will keep to themselves. Above all, do not feed them. Beside the risk of a fine if caught doing so, feeding wild animals makes them less able to fend for themselves, and risks making the animals a pest as they turn to people for food.

" Most animals fear people and will not  
**attack**  
unless they feel threatened "



# Stars of safety



## Alexander Miles

Alexander Miles was an African American inventor and businessman who improved elevator safety by inventing the automatic elevator door system. In 1887, Miles patented a design that included a series of levers and springs that could automatically open and close elevator doors, eliminating the need for manual operation. Prior to this, these doors had to be opened and closed manually by passengers or operators, increasing the potential for incidents. This advancement is still used in elevator systems today.



## Charles Owen

Charles Owen was a mechanic in East London, UK, who attended night classes to learn hat-making to earn extra money. In 1911, he began producing cork safety helmets, originally for the army. He patented a Microfit system to improve helmet ventilation and fit. He later progressed to solid plastic shell helmets covered in fabric for motorcycle riding and horse racing, before moving almost exclusively to horse riding helmets with a black or brown velvet cover. Charles Owen riding hats are still a gold standard in equestrian riding wear, known for their Owen Microfit system for a correct and comfortable fit as well as their safety.



## Hugo Stotz

In 1924, German inventor Hugo Stotz and his chief engineer, Heinrich Schachtner, created and patented the resettable fuse, later known as a circuit breaker. At the time, homes in Germany were converting to electricity and electrical fires were a danger. Fuses gave some protection by melting if an overload occurred, cutting the electricity flow. The problem was, the fuse had to be replaced every time there was a fault. Stotz and Schachtner combined thermal and magnetic trips into a single, reusable unit capable of switching off high currents without needing to replace the fuse every time. Today, houses and household appliances operate safely thanks to circuit breakers.

# Tech for today

## Tagged for safety



An Australian company, BodyGuard, has introduced a Pedestrian Proximity Warning System to protect industrial workers who are working alongside heavy equipment. The system comprises three components - a personal tag worn by the worker, a sensor unit attached to the vehicle, and a cab alert unit that speaks to the driver. Sensor units are placed around the vehicle and the alerting unit provides real-time alerts to the vehicle operator if a pedestrian comes too close to the vehicle. The detection zone can be adjusted from 1.5 m to 9 m (5 ft to 29.5 ft), making it easy to customize for different work environments.

## Precision agriculture

Artificial intelligence (AI) tools have been used in farming for some time, but the last few years have seen rapid advances. Researchers at the AI Institute for Resilient Agriculture in Iowa State University are using AI to develop technologies such as a pest-identifying smartphone app, which can determine the type of pest and its potential impact on a crop from one photograph. This can help farmers select targeted pest control methods and is an example of a strategy becoming known as precision agriculture.



# Doorway defense

Early one morning in 2019, a fire department in Virginia, US, responded to a kitchen fire in a seemingly evacuated house. As firefighters conducted a search through the blazing, smoke-filled house, they heard cries for help coming from behind a closed door. What they discovered inside was beyond their expectations.

The bedroom they entered was smoke free. A child was found inside, unharmed. "I noticed that there was no soot on her. She didn't have any signs of smoke inhalation or anything like that. She was just completely clean due to the closed door," recounted Kyle Ballinger, a firefighter involved in the rescue.

This seemingly small precaution saved her life. Unfortunately, only 30% of people say they close their bedroom door at night – which is when most fatalities from home fires occur. This is partly due to the misconception that closed doors hinder escape and ventilation, when in fact they serve as a critical barrier against the rapid spread of flames, smoke, and heat.

## Flames

Because of the materials used in modern construction and furnishings, house fires spread six times faster today than they did 40 years ago. Closed doors help slow down the progression of a fire by isolating it to the area it started in.

Oxygen is essential for fueling fires. A closed door limits the flow of oxygen to the area, limiting the speed of its growth.

## Smoke and toxic gases

Smoke inhalation accounts for 80% of home fire-related deaths. Smoke and toxic gases such as carbon monoxide can spread through a one-story home within minutes if doors are left open. When doors are kept closed, the spread of smoke and hazardous gases is inhibited, maintaining breathable air pockets within rooms.

Smoke, carbon monoxide, and other gases are often lighter than breathable air, they accumulate near the ceiling, moving downward as the space fills. With the gap of the door being low to the ground, the door prevents these gases from moving into the next room quickly. If possible, place a wet towel or heavy fabric to block the bottom door gap. Stay low to the ground, if gas and smoke do begin to enter the room, and crawl if moving is required.

## High temperatures

Temperatures in a home fire can soar to extreme levels, reaching up to 600 °C (1,112 °F) in just three and a half minutes. These temperatures pose a significant threat to people, even without exposure to flames and smoke. A closed door provides an insulating barrier between the fire and a person, creating more habitable temperatures and enhancing the chance of survival.





## Escape routes

In the event of a home fire, swift evacuation is critical. Closed doors not only limit the fire's advance but also minimize smoke and heat in closed-off corridors and hallways, creating clearer and more accessible escape routes.

In situations where evacuation cannot be done safely, closing the door and sealing gaps can provide valuable time for the fire department to arrive and conduct a rescue.

By containing fires, limiting the spread of smoke and toxic gases, regulating temperatures, and optimizing escape routes, the simple act of closing doors can have a monumental impact in protecting what matters most. ■

The impact of closed doors in home fires in numbers, according to the UL Firefighter Safety Research Institute (FSRI):

|   | <br>Temperatures | <br>Carbon monoxide levels |
|---|---|---|
|  | 38 °C (100 °F)  | 1,000 ppm   |
|  | 538 °C (1,000 °F)   | 10,000 ppm  |

To raise awareness, the UL FSRI launched the "Close Before You Doze" campaign. Access the campaign through the below link to watch a powerful video demonstrating the staggering difference a door can make.

<https://closeyourdoor.org/>



# The washing way

Keeping up with the laundry can be a full-time job, but ensuring the laundry is coming out as clean as it can shouldn't be one of the challenges. There are a few ways to ensure that each load is clean, stains are a thing of the past, and mold and mildew are defeated.

The first thing to combat is the smell of mold and mildew in the washing machines and clothes. Mold and mildew spores, which are related to mushrooms, are small and grow in warm, damp, dark places. The washing machine is the perfect

home for them. Drying kills off mold and mildew spores, especially drying in heat or the sun. To avoid having washed clothes smell like a locker room, remove the laundry and dry it as soon as possible. If clothes have been left too long, they may need to be re-washed and then dried.

For the machine, leave the door open after each load so it can dry out. This is especially true for front-loading machines, which seals closed. The spores grow on the rubber seals and plastics. Avoid using harsh cleaning products – including vinegar, chlorine bleach, and oxidizing cleaners – on these areas as they can make rubber brittle. If there is mold or mildew visible, wipe the area with a clean, damp cloth to remove the majority of the spores, and then allow the area to dry completely before using the machine again.

“Extra detergent doesn't get the clothes cleaner.”

## Detergent

Use the right kind and amount of detergent for the machine. It may be tempting to just use soap to wash clothes, but soap and detergent are not the same. Detergent is a water-soluble cleaning agent that attaches to dirt and stains and makes them more soluble. Soap is made differently and is not water-soluble. In a washing machine, detergent mixes with the water to remove stains, soap doesn't. It stays solid, leaves a film behind, and doesn't get stains out.

To get the best clean, choose the right kind of detergent for the machine and use the correct amount. Most people use more than is necessary, almost twice as much, which costs money. Experts say that most laundry loads only need about 30 ml (2 Tbl) of detergent. Extra detergent doesn't get the clothes cleaner, instead it stays on the clothes and in the machine. This can result in longer rinse cycles, itchy fabrics, and mold in the machine.

For stains, spot treat with the detergent itself or use a hydrogen peroxide-containing product before washing the entire garment. For fabrics that have a smell, such as sweat or blood, adding a peroxide product to the wash can also help. If a stain isn't removed after the first wash, don't put it in the dryer. This will set the stain and make it impossible to remove.

Adding a peroxide product to a laundry load can result in cleaner clothes, when used as an addition to the detergent. Follow the directions for use, and avoid using more product than needed. Overuse could result in color loss. Don't use peroxide products on wool, silk, leather, or dry clean only fabrics, and never mix it with other chemicals such as ammonia, chlorine bleach, or other household chemicals.

## Fabric softener

Richard Handel, test project leader at Consumer Reports says, “I'd never use fabric softener – it's a waste of money.” Fabric softener leaves a residue on fabric that fluffs up as it dries, but that residue can also cause skin irritation and reduce the fabric's absorption rate, meaning bath towels become less and less good at their job. It can also make fabrics more flammable. In the washing machine, this residue contributes to mold growth.

To get clothes that smell good, use a scented detergent. If using a dryer, consider adding wool dryer balls to the load. For static, add a ball of aluminum foil. Compress a 1 m (3 ft) length into a smooth ball with no sharp edges, and add it to the dryer with the rest of the laundry. The wool balls

## Detergent sheets a dud

With a global move toward more environmentally friendly products, detergent sheets feel like a good option. These sheets, made from a dissolvable resin and infused with detergent, are as easy to add to a wash cycle as powder or liquid detergents, but their smaller cardboard storage boxes, instead of large plastic containers, lower water waste with no possibility of overuse. This makes them an appealing eco-friendly choice.

Unfortunately, according to the Consumer Reports testing team, the sheets just don't make the grade when it comes to getting clothes clean. They tested several of the products currently available, and each one failed to remove stains. In fact, they were barely better at cleaning clothes than water alone. So, for now, it appears that using the correct amount of liquid or powder detergent is still the best clothes cleaning solution.

and foil will bounce around, slightly beating up the fabric to keep it from getting stiff or lumpy, while the aluminum will help discharge static. Neither will leave residue behind in the machine, unlike a dryer sheet.

## Overloading

Clothes need space to move about and rub together during the wash cycle. They can't do that if the machine is overloaded. In a front-loading machine there should be space enough to fit an open hand and move it in a circle, and the door should never have to be forced. In a top loading machine, the load shouldn't be above the wash line of the machine. Bulky items, such as duvets and blankets, may need to be washed separately to allow them enough space to move around, even if they fit in with other items.

Overloading the machine can knock it around, unbalance the load, and even break the machine. Plus, the lack of water being able to move around means clothes won't get as clean as they should and the increased friction of the fabric rubbing together shortens its life span. ■



# Game on: Benefits of gameplay

Reader submitted article by Justin O. Thomas.

**From Candy Crush to Fortnite, electronic games have written themselves into the very source code of modern-day life. Ithra's 2023 global digital well-being survey found that over two-thirds of adults reported playing video games at least occasionally.**

**Games are formalized expressions of play and well-structured fun, typically involving social interaction, storytelling, and competition. In general, gaming is as old and widespread as humanity. Archaeologists have even unearthed prehistoric gameboards at Stone Age settlements. For example, in 1989, at Ain Ghazal, a Neolithic site in Jordan, a team discovered a gameboard dating back some 7,000 years. The board bears scuffs and cracks consistent with damage inflicted during its lifetime, willful damage, perhaps, at the hands of a sore loser from the Stone Age. Gaming technology has changed; humans have not.**

Silicon chips have replaced limestone slabs, and just over 50 years ago – on October 15, 1971 – the world was introduced to video games. The first commercially-available video game was Computer Space, and was little more than dots and lines on a screen. It sold about 1,500 units, but more significantly, it heralded the start of a gameplay revolution that would spawn a multibillion-dollar industry.

Putting exact statistics on just how popular gaming has become is difficult. Reports making revenue comparisons across different industries run headlines such as, "Video Games Industry is Bigger than Film, Sports, and Music." An indicator of gaming's popularity is esports' viewership numbers. An industry report by Greenman Gaming claims that esports – competitive gaming viewed by spectators – attracted 443 million viewers in 2019, surpassing the global audience

for rugby and American football combined.

## Risks of gaming

By the 1990s, several mental health professionals were talking about "gaming addiction." Building on pathological gambling research, the notion that some people could develop addiction-like relationships to video games gained support.

This gained notoriety when in 2019, the World Health Organization included "gaming disorder" in the 11th edition of the International Classification of Disease under the subsection "Disorders due to addictive behaviors." With this, the condition became eligible for treatment under healthcare insurance schemes.

Approximately 3% of gamers develop gaming disorder, with their gameplay habits becoming problematic. For these individuals, gaming is routinely placed ahead of other social and

occupational priorities despite negative consequences such as family arguments, failing grades, and disciplinary action in the workplace.

Establishing clear personal guidelines can help regulate game time and these feelings. These can involve setting up "no-game zones" at home based on location or time of day. For example, screen times could be limited to a few specific hours a day, with some areas of the house such as the dining room being screen-free areas. It is also important to schedule activities that keep the game off: green time over screen time.

For more help with this, there are a number of digital "self-control" apps on the market. These typically perform three main functions: monitoring, blocking, and rewarding/punishing. Such apps are able to report weekly game time, allow users to set time limits, send encouraging messages, and block games if limits are exceeded.

An Oxford University study, titled: "Tetris used to prevent post-traumatic stress symptoms," suggested that gaming may help prevent development of unpleasant and intrusive memories after suffering a traumatic event. Unfortunately, excessive or problematic gaming can also be a symptom of a deeper underlying issue. It can become an avoidance strategy. In these instances, dealing with the root causes and learning new and adaptive ways to process unpleasant emotions can help restore a healthier, more balanced relationship with gaming.

## Benefits

Gaming is fun, and having fun is at the heart of wellbeing. A study by Oxford University's Internet Institute focused on Animal Crossing and Plants vs. Zombies, two family-friendly games, and found that people who played more tended to have higher emotional well-being levels. With gaming moving online, it can also provide a great opportunity

for social connection. An article in the journal *Science* concluded that a lack of social connection was more detrimental to health than obesity, smoking, and high blood pressure.

The benefit of social connections as people, especially young people, make and maintain friendships online is important. These relationships may start in the physical world and be strengthened through gaming, or may move into the physical world from the gaming world. According to a survey conducted by Pew Research, over half of U.S. teens have made new friends online, with a third reporting that they met these friends through gaming.

Digital gameplay can improve a person's cognitive and perceptual abilities. Depending on the nature of the play, visual attention, spatial perception, and processing may all receive a challenging workout. A study at the University of Toronto found that people who regularly played action video games

outperformed non-gamers when learning new hand-eye coordination tasks. This suggests that cognitive abilities honed through gameplay are transferable to new skillsets. There can even be physical-world professional contexts for these skills such as surgical robotic guidance, airline pilot, and biomechanical engineering.

There is also evidence that gameplay can help enhance persistence and determination. The ability to fail, try again, seek solutions and help, and eventually succeed is a hallmark of many gaming experiences. Gamers may be able to transfer this determination and persistence outside the gaming context, applying it to real-world situations and tasks.

Getting the most out of gaming is reliant on maintaining a balanced, healthy relationship with the art itself. ■

"Gaming may help prevent development of unpleasant and intrusive memories"



# Making a splash

Spending a day out in the water, whether you're splashing in the pool, surfing at the beach, or kayaking on a lake, is undeniably fun. However, water can be treacherous, and practicing safe behaviors ensures a day of fun doesn't turn into a mishap.

## Take precautions

With an idyllic backdrop, it's easy to get carried away by the moment. However, it's important to know your capabilities and limits. Don't hesitate to wear a life jacket or flotation device, especially if you're not a confident swimmer or if engaging in a water sport.

Swimming in a pool is different from open water, fresh or salty. Pool water has less buoyancy than open water and more harsh chemicals. Open water has unpredictable waves, tides, and currents; underwater hazards such as aquatic animals, obstacles, and rocks; and high-speed water activities such as boating and jet skiing.

Adequate training is necessary before entering the water, and should cover swimming styles, breath control, swimming distances, and escaping dangerous situations. Even experienced swimmers should follow safety guidelines, and lifeguard warnings, and only swim in designated areas.

All swimmers should wear the appropriate clothing. Fabrics not meant for swimming can tangle around arms and legs and become heavy with water, dragging the wearer down. The color of swimming clothes is also important. Choose oranges and reds, as they are easy to see both over and under water, blues and greens blend into the water.

## Keep watch

If you're enjoying the water with little ones, teach them about water safety early on. Simple rules like "no running near the pool" and "always ask permission before going near the water" can prevent accidents.

Always keep a watchful eye over children and never leave them unattended around water, regardless of their swimming abilities. Public pools and beaches often lack fences to prevent young ones from immediately accessing the water. Equipping children with flotation devices is crucial for their safety.

## Buddy up

Having someone to swim, paddle, or snorkel with will not only make the experience better but will also provide an extra layer of safety. Always swim where a lifeguard is on duty and with a buddy, regardless of ability.

Venturing too far into the water, past the point where you can be easily seen, poses a risk, especially if you find yourself in trouble. Drowning is rarely as dramatic or obvious as portrayed in movies; it can happen quietly and quickly, even to advanced swimmers. A buddy or a lifeguard can help ensure you stay visible and accounted for in the water.

## Check conditions

Before diving in, take a moment to assess water and weather conditions. Watch out for strong

currents, tides, and rip currents, and observe posted warning signs and the beach flag warning system. If thunder or lightning appear, leave the water and move to dry ground.

Never dive headfirst into pools with "no diving" signs or unfamiliar water. They may be shallow or have hidden rocks. Watch out for hidden dangers such as sudden drop-offs or obstacles beneath the water surface.

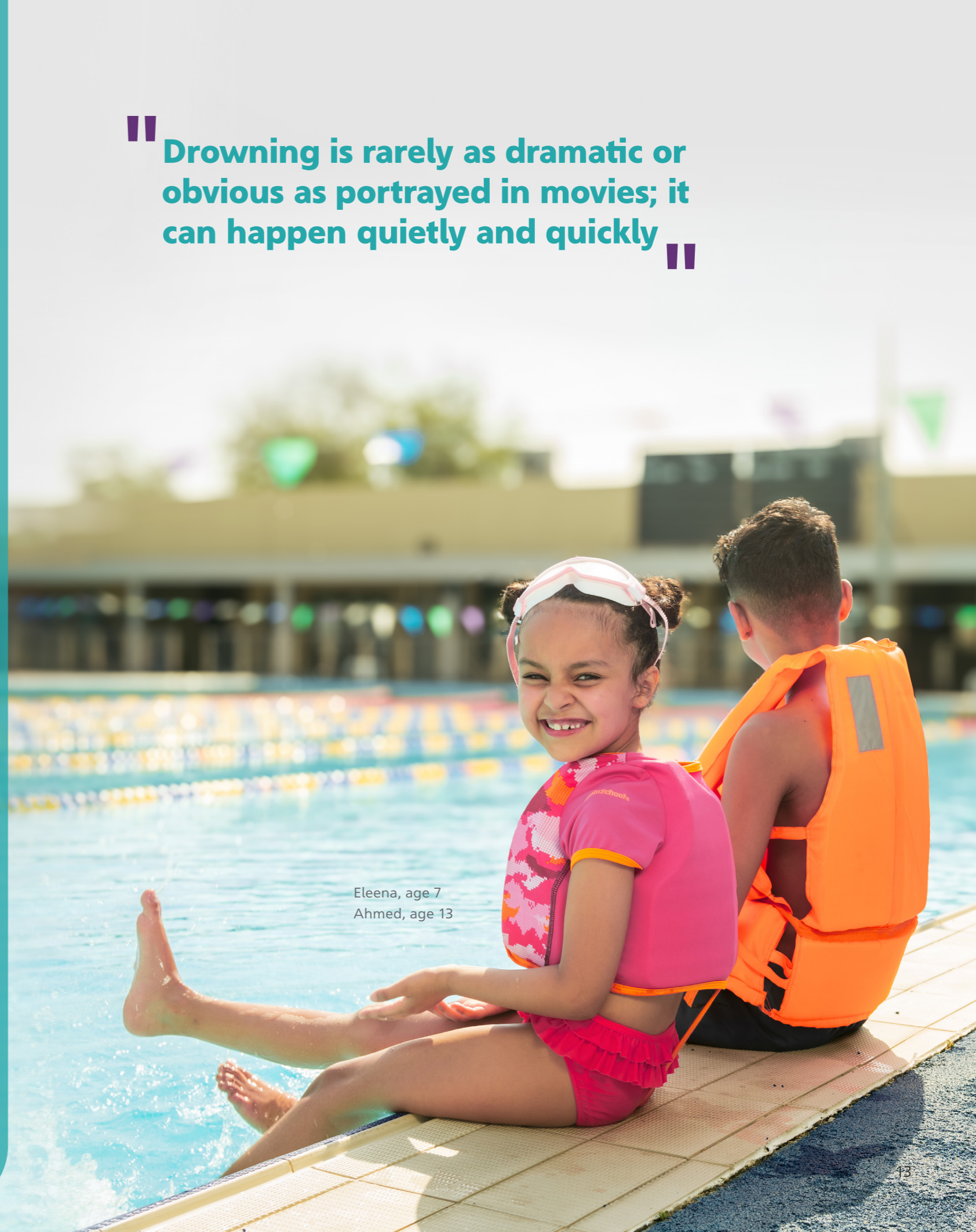
## Protect your skin

Don't forget your sunscreen. Choose a broad-spectrum sunscreen – these protect against both UVA and UVB rays – with an SPF of 30 or higher, and reapply every two hours or after spending time in the water. Even sunscreen that claims to be waterproof should be reapplied.

Avoid swimming outdoors between 11 a.m. and 3 p.m. when the sun is at its peak. Stay under shade such as a beach umbrella as much as possible. Wear a sunhat and sunglasses for added protection.

Water safety is about enhancing the fun, not restricting it. Ensuring everyone has a fun day includes staying safe. Enjoy the water responsibly and let the good times flow. ■

"Drowning is rarely as dramatic or obvious as portrayed in movies; it can happen quietly and quickly"



Eleena, age 7  
Ahmed, age 13



# What beach warning flags mean



Water closed to public use – very dangerous



High hazard – do not swim



Medium hazard – caution



Low hazard – safe to swim



Swimming area – lifeguards on duty



Dangerous marine life – do not swim



Surfing area – do not swim



No watercraft or surfboard – do not surf

# Beat the heat

Prolonged activity in the heat can be hazardous, and knowing how to deal with heat-related hazards is crucial.



Wear sunscreen with 30 SPF or higher



Stay under shade



Drink plenty of water



Wear sunglasses with 100% UV protection



Wear a wide brimmed hat



Wear light and protective clothing



Avoid the sun between 11 a.m. and 3 p.m.

# Clean and safe

Using household cleaning products safely is crucial to maintaining a healthy home. These products, designed to disinfect, sanitize, and clean surfaces, can be a health risk if not used correctly. Keep your home clean and your health protected by reading labels, allowing proper ventilation and storage, and more.

The first step toward safe use is to carefully read and understand the labels on cleaning products. Labels contain essential information about the product's ingredients, instructions for safe use, and first-aid measures in case of accidental exposure. Look for symbols and warnings that indicate the nature of the product, whether it's corrosive, flammable, or toxic, and follow the recommended cleaning process. Some products might not

be safe to combine with other products, as they can create dangerous chemical reactions when mixed together. Check the label carefully before combining or mixing products.

When it comes to cleaning agents, less is more. Using more than the recommended amount is not only wasteful but can increase the risk of chemical exposure. Stick to the amount listed on the product label

for the quantity to use. This ensures effective cleaning while minimizing health risks.

Many people are turning to natural cleaning alternatives, using ingredients like vinegar, baking soda, and lemon juice that can be effective for various cleaning tasks and are less harmful to health and the environment. However, even natural cleaners should be used with caution, as they can also cause irritation to skin, eyes, or breathing, or damage surfaces. They should not be mixed with other cleaning chemicals.

Suitable ventilation is critical when using any cleaning product, especially for strong chemicals such as bleach. Opening windows and doors or using a fan can ensure a flow of fresh air. This helps to dissolve harmful fumes and reduces the risk of respiratory problems due to inhalation. Some chemicals should not be used inside even with good air flow.

## Protection

Wearing protective items, such as gloves and masks, can prevent direct contact with chemicals. Exposure to certain chemicals found in cleaning products can lead to allergic reactions, chemical burns, or even long-term health issues. Select gloves resistant to chemicals and masks that can filter out particles

and fumes, especially when dealing with strong cleaners. Hand washing after using most products is also recommended.

Store cleaning products properly. Keep them in their original containers with the labels intact, and out of reach of children and pets. Use cabinet locks to limit access. Store chemicals in a cool, dry place away from food. Make sure containers are in good shape and won't leak. Chemicals that, if combined, could be dangerous should be stored in separate locations.

## Disposal

The disposal of cleaning products requires careful consideration to prevent environmental harm. Many household cleaners contain chemicals that can be hazardous if not disposed of properly. Follow local regulations for the disposal of hazardous waste, and never pour chemicals down the drain unless the manufacturer indicates it is safe to do so.

## Trouble

Despite taking precautions, accidents can happen. If someone comes in contact with, inhales, or swallows a cleaning product, follow the first-aid instructions on the product label and seek medical attention if necessary. Even natural cleaners can require medical attention if handled improperly. Be prepared to handle accidents and keep emergency numbers handy.

The safe use of cleaning products is essential for protecting our health and the environment. By understanding labels, using products as directed, ensuring proper ventilation, wearing protective items, storing chemicals safely, disposing of them correctly, and considering natural alternatives, a home can be clean and safe. ■



### Read labels carefully

Always read and follow the instructions on cleaning product labels to ensure safe usage.



### Avoid mixing chemicals

Never mix different cleaning products as it can create toxic fumes or dangerous reactions.



### Ventilate the area

Use cleaning products in well-ventilated areas to prevent inhaling harmful fumes.



### Wear protective gear

When handling strong chemicals, wear gloves, masks, and eye protection for your safety.



### Test in small areas

Before using a new product, test it in a small, inconspicuous area to check for adverse reactions.



### Store safely

Keep cleaning products in their original containers, out of reach of children and pets in a secure, locked cabinet.



### Dispose properly

Follow guidelines for proper disposal of cleaning products to minimize environmental impact.



### Keep emergency numbers handy

Have contact information for poison control and emergency services readily available in case of accidents.



# Coping with crises

In a world rife with conflicts, crises, and catastrophes, it can be challenging to maintain mental well-being. The continuous exposure to distressing news can lead to feelings of helplessness, anxiety, and even despair. However, there are ways to navigate these feelings and foster resilience.

## Engage in constructive action

It's easy to become overwhelmed by global events beyond your control. Channeling feelings of helplessness into positive action can be empowering. Volunteering, donating, and advocating for causes you believe in can provide a sense of purpose and agency. Even small acts of kindness can make a significant difference to these causes and your mental state.

## Seek support

Building and maintaining strong relationships can offer emotional support and distraction from global turmoil. Social connections are crucial for mental health, providing comfort and a sense of belonging.

Talking about your feelings with friends, family, or a mental health professional can alleviate the burden of distress. Sharing your concerns and emotions can lead to mutual support and understanding, helping you feel less isolated.

## Educate yourself with balance

Understanding the complexities of global issues can reduce feelings of confusion and fear. Educate yourself about these issues, but balance this with knowledge about positive developments and solutions being implemented around the world.

Constantly consuming news can overwhelm your senses and exacerbate stress. Set specific times to check the news to stay informed without becoming inundated by a relentless stream of negativity.

## Practice self-care

Maintaining a daily routine can provide a sense of normalcy and control. Prioritize self-care activities such as regular exercise, balanced nutrition, adequate sleep, and hobbies that bring joy and relaxation.

Mindfulness and meditation are other ways you can practice self-care. They can ground you in the present moment, reducing anxiety about the future and

sadness about the past. These practices encourage a focus on the now, helping you manage emotional responses and maintain a sense of inner peace.

## Professional help

If feelings of despair or anxiety become overwhelming, seeking professional help is crucial. Therapists and counselors can provide strategies and support to navigate intense emotions and develop coping mechanisms.

While the state of the world can often feel disheartening, there are ways to maintain mental well-being amidst the chaos. Taking these steps can help you navigate challenging times with resilience and compassion. ■

“Volunteering, donating, and advocating for causes you believe in can provide a sense of purpose and agency”

## How to support causes from Saudi Arabia

The King Salman Humanitarian Aid & Relief Centre (KSRelief) provides aid to various regions across the globe, collaborating with organizations like UNICEF and the International Medical Corps to deliver essential humanitarian assistance to those in need.

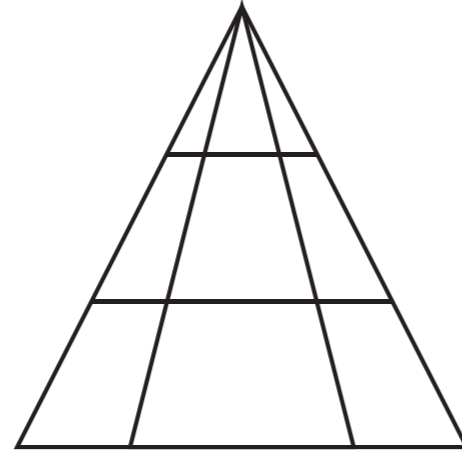
Access the KSRelief website through the link below.

<https://www.ksrelief.org/home/index>



كم مثلثاً ترى؟  
How many triangle can you see?

الحل:  
Answer:  
81



سودوكو  
Sudoku

الحل:  
Answer:

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| ٤ | ٧ | ٥ | ٩ | ١ | ٨ | ٦ | ٧ | ٢ |
| ٧ | ٦ | ٢ | ٧ | ٤ | ٤ | ١ | ٩ | ٨ |
| ٩ | ٨ | ١ | ٢ | ٦ | ٧ | ٥ | ٧ | ٤ |
| ٧ | ٥ | ٧ | ٨ | ٤ | ٩ | ٢ | ٦ | ١ |
| ٦ | ١ | ٤ | ٧ | ٢ | ٥ | ٧ | ٨ | ٩ |
| ٨ | ٢ | ٩ | ٦ | ٧ | ١ | ٤ | ٥ | ٧ |
| ٥ | ٩ | ٦ | ١ | ٧ | ٢ | ٨ | ٤ | ٧ |
| ٢ | ٤ | ٨ | ٥ | ٩ | ٧ | ٧ | ١ | ٦ |
| ١ | ٧ | ٧ | ٤ | ٨ | ٦ | ٩ | ٥ | ٢ |

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

## هل تريد أن تظهر في مجلة بانوراما؟

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على الإيميل: [panorama@aramco.com](mailto:panorama@aramco.com)

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