This Gravity Demo, using cutting-edge technology to propel individuals skyward, is just one of scores of activities, programs, and demonstrations that will be part of this year’s Tanween celebration in the Eastern Province. The Demo is scheduled from 4-5:30 p.m. on Oct. 15 and 16.
Al Saggaf touts ‘Efficiency, Resiliency, and Sustainability’ at HSE conference

by Jeff McCoshen

Manama, Bahrain — Attendees of the Seventh Global HSE Conference and Exhibition in Bahrain last week were told that “a strong foundation of health, safety, and environmental (HSE) protection” is a must for companies such as Saudi Aramco to maintain its social license to operate.

While finding the right balance of those factors can appear at times to be “elusiver,” Muhammad M. Al Saggaf, senior vice president of Operations and Business Services with Saudi Aramco, said a committed effort throughout the oil and gas industry is achievable.

“I believe anything is within our reach if we fully commit ourselves, with dedication and resilience,” Al Saggaf said in delivering the keynote address at the event. And the resilience that is required, said Al Saggaf, was never more evident than on Sept. 14 when the company’s facilities in Abqaiq and Khurais came under attack.

“Ultimately, fires that were intended to break us revealed a company far more resilient than anyone could have imagined,” he noted.

Al Saggaf said Saudi Aramco’s resilience is built upon three cornerstones — “our dedicated and committed people; our vast hydrocarbon resources, and our world-class infrastructure.”

The profound challenges that major oil and gas companies face each day demand “Efficiency, Resilience, and Sustainability,” Al Saggaf noted in highlighting the theme of the conference.

sustainability built on safety, moral obligation

Al Saggaf talked about three co-centric circles of HSE, starting with safety, which he said is key to the sustainability of business success.

“We must begin with safety, because this is the field of the most direct impact on our employees,” said Al Saggaf.

“But safety is more than an investment. I believe that the safety of our employees is a contract with them — whether it is explicit or implicit — that we keep the workplace safe, not only because it is good for business, but because it is our moral obligation. Another component of that moral obligation, he said, is the well-being of employees and their dependents.

“The challenges are complex to achieve the right balance between quality and affordability ... but smart companies must explore and innovate solutions, and we must be drivers of that change within our organizations.”

Turning his attention to the environment, Al Saggaf said, “This tests our social responsibility toward our families, our people, and our ecosystem. He cited Saudi Aramco examples of where that commitment is paying off.

“Decades of investment in our well management capabilities and technologies have resulted in Saudi Aramco having the lowest upstream carbon intensity of any of the world’s major producers. At the same time, our methane intensity is also one of the lowest in the industry.”

balancing economic and environmental concerns

Al Saggaf said a collective strategy toward achieving the right balance between continued economic developments and protecting the planet must be based on several factors, including:

• Developing rational, well-rounded policies
• Investing in the appropriate technologies
• The proper education of all stakeholders
“Among we must do all of this with a high degree of transparency and openness, because the world is watching,”

Technology, said Al Saggaf, is the key to solving most challenging problems faced with regard to HSE.

“But we must be the drivers — the adapters and the adopters — of the technologies best suited for our businesses,”

Chevron throughs of the Fourth Industrial Revolution are redefining, in real time, what is possible. But these breakthroughs require investment, and they require investment.”

Al Saggaf told attendees of the conference that sharing experiences, knowledge, and best practices is important to finding the right balance on all matters pertaining to HSE.

Saudi Aramco served as a co-sponsor of the four-day event, which brought together more than 5,000 professionals representing over 150 companies from more than 30 countries.

Aal M. Al Zahrahi, Saudi Aramco executive director of Safety and Industrial Security, served as co-chairman of the conference, which featured several subject matter experts from the company throughout the week.

Geophysicists look to artificial intelligence in digital transformation era

by Susan V. Gonzalez

San Antonio, Texas — The future of geophysics and how the world’s surface and subsurface is viewed increasingly depends on the speed of technology to gather, process, and interpret data to make energy exploration business decisions.

More than 7,000 geoscientists gathered at the Society of Exploration Geophysicists’ (SEG) International Exposition and 89th annual meeting in San Antonio in mid-September for an overview of the latest technological innovations in geophysics, highlighting the application of artificial intelligence through machine learning and data analytics.

Other sessions were devoted to novel acquisition methodologies such as distributed acoustic sensing and advances in passive and electromagnetic methods used in gathering seismic data.

The conference, featuring 90 sessions and 20 post-convention workshops, struck a balance between land and marine seismic topics, addressing both conventional and unconventional, as well as shale reservoir characterization challenges.

Keynote speaker Walter Guidroz, coordinator of the Energy Resources Program with the U.S. Geological Survey, noted how play assessments have changed given the advent of unconventional. The federal science agency maintains a multidisciplinary staff with an expanded scope of geophysical contributions to renewable energy, including geothermal, hydro, solar, and wind.

tackling Big Data challenges in Exploration

“No challenging now is how we make sense of the huge amounts of data we collect, how we write meaningful algorithms to simulate the complex factors in predicting reservoir properties,” said Saleh A. Al Maghlouth, manager of the Geophysical Imaging Department.

Along with a titanium level sponsorship, Aramco sponsored SEG’s Evolve — a program designed to transition recent graduates through learning and collaboration with a real-world data exercise.

On the exhibition floor, visitors were treated to in-booth presentations and a look at science, technology, engineering, and math (STEM) community involvement with a video featuring the Aramco sponsored Geol-o-Geo featuring the Aramco sponsored Geology Camp — a 17-day field experience for high school students.

KFPUs “Challenge Bowl” is a popular annual event pititng university teams from around the world in a contest testing their knowledge in geology, geophysics, and SEG trivia.

Comming in first in the SEG Regional Middle East Competition was the two-person team from King Fahd University of Petroleum and Minerals (KFUPM). This earned Seprandal Chan and Ayman Al-Lehyani a spot at the international level, where they competed against 10 teams. The duo qualified to the final round of three teams. They came in second place — runner-up in a tough field of competition.

Chan will soon be working at the Aramco Research Center-Houston with an internship within the Geology Technology Team assigned to a project examining well data.

alent candidates in addition to Hous-ton-based Aramco personnel from Upstream and Public Affairs.
South Ghawar Producing Department wins gold with Green World Award

Ho Chi Minh City, Vietnam — Saudi Aramco’s South Ghawar Producing Department (SGPD) was recently recognized at the Green World Global Awards ceremony, with a first place “Gold” showing for its innovative “Flare Gas Recovery System.” Installed at the Gas-Oil Separation Plant (GOSP)-4 in ‘Uthmaniyah, the system utilizes existing GOSP infrastructure and available resources to recover continuous flared gas, eliminating the need for additional equipment.

how the ‘Flare Gas Recovery System’ works

The innovative approach uses high-pressure water as a motivating source to suck the gas from the flare header and recycle it back into the process. The mixture of gas and water is then sent to the water-oil separator vessels, where the recovered gas goes directly through the piping system to the low-pressure suction drum — all while the water is injected into the water injection wells.

This approach, which has never been used globally in GOSPs to recover the flared gas, will eliminate the need for using additional equipment such as a compressor and a flare knockout drum. Furthermore, considering the large number of GOSPs, the success of this initiative will provide a significant capital cost avoidance, in addition to saving the Kingdom’s nonrenewable resource of natural gas.

In addition to these benefits, the approach is expected to reduce the return on investment period from 10 to only three to four years, making a considerable impact on the company’s environmental stewardship initiatives.

This achievement is a natural outcome of Saudi Aramco’s environmental protection and its unlimited support to all environmental initiatives and solutions,” said Adel O. Ben Duheash, SGPD manager, adding that there were 500 submissions from different organizations, companies, and institutions from all around the world.

CTO presents framework to address the climate challenge

Kyoto — At the Science and Technology in Society (STS) forum held Monday in Kyoto, Japan, Ahmad O. Al-Khowaiter, Saudi Aramco’s chief technology officer, said “the challenge for our generation is to achieve net zero greenhouse gas emissions, within this century.”

The forum was attended by more than 1,400 scientists, business leaders, and policymakers from 80 countries and regions, including 13 Nobel laureates.

meeting the world’s energy and environmental needs

Al-Khowaiter pointed out that in the past century, plentiful, affordable energy — mostly in the form of fossil fuels — powered productivity growth and development around the world, contributing to a historically unprecedented improvement of quality of life, and a doubling of life expectancies.

“Today we face the dual challenge of meeting the world’s growing energy needs in a reliable and affordable manner, while ensuring a sustainable environment for our future generations.”

The concept of a circular carbon economy offers a new way of approaching climate goals that values all options and encourages all efforts to mitigate greenhouse gas emissions.

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“In the past 25 years alone, affordable energy helped lift a billion people out of poverty. That is the light of energy, which like the light bulb, we tend to take for granted,” Al-Khowaiter said.

“This achievement would not have been accomplished without the creativity of South Ghawar Producing engineers and the collaboration and support from Engineering Services,” he added.

about the Science and Technology in Society forum

Hosted in Kyoto, Japan, the STS forum is an annual international high level platform for leaders to facilitate discussions across government, industry, and academia to jointly explore opportunities arising from science and technology, and address how to remove barriers by using science and technology to solve the issues facing humankind.

The science and innovation focused event covers a wide range of topics, including energy, life science, medicine, information and communications technology, and education. Al-Khowaiter spoke at a session under the theme “Lights and Shadows of Energy and Environment.”

Japan presides over this year’s G20 and takes a leadership role in promoting carbon recycling.
Saudi Aramco: a leader in bringing out the best in our employees

T&D wins major international awards
by Jim Cook

Two new awards from prestigious global learning and development human resources organizations highlight Training and Development’s (T&D) commitment to excellence and its contributions to Saudi Aramco’s worldwide reputation.

T&D’s Vocational and Academic Skills Training (VAST) program won an award for the Best Learning and Development (L&D) Initiative — Private Sector from the Chartered Institute of Personnel and Development (CIPD), and was a finalist in the Best Digital/Technology Initiative in the HR/LD category.

T&D also won a silver Stevie Award for Great Employers in the Learning/Training Team of the Year category. Saudi Aramco representatives attended the Stevie Awards ceremony in New York on Sept. 20 and the CIPD awards ceremony in London on Sept. 24.

awards provide validation, promote brand

“In a rapidly changing learning environment, Saudi Aramco’s T&D organization continues to be a center of excellence in many areas as highlighted by the recognition that our programs have received from our international peers,” said Faisal A. Al-Hajj, T&D general manager. “Such recognition provides validation as to the quality of T&D programs, and also promotes the company brand in the field of learning and development and as an employer of choice. This would not be possible without our amazing workforce. T&D’s success in developing and delivering best-in-class training and development programs for company employees. These two additional awards — of which we all are proud — recognize Saudi Aramco’s efforts in T&D for its advancements in curriculum, as well as other achievements. The Program Development and Evaluation Division has made a major shift in the relevance and quality of training materials used in the company’s apprenticeship program.”

VAST leans on curriculum, technology to teach

The CIPD awards recognized T&D’s VAST program for its advancements in curriculum content and the introduction of educational technologies offered to Saudi Aramco non-employees, the wider community, and external organizations. VAST is a suite of learning materials used as the core curricula of Saudi Aramco’s industrial workforce apprenticeship program — pre-employment — its job skills and professional workforce.”

Best-in-class training and development programs for company employees.

The credit for this great achievement should go to our employees, who self-skilled themselves to introduce this remarkable educational technology that has enhanced the learning experience of our students and increased their level of engagement,” said Wal S. Abulkhair, administrator of PD&ED during the time VAST was developed.

“This new digitally enabled curriculum is fully developed in-house. I’m proud of this accomplishment, and hope our employees are, too.”

ethics awareness and training sessions conducted in Jazan

Jazan — The Corporate Business Ethics Office recently organized and delivered several ethics awareness and training sessions in Jazan for 1,650 individuals.

Forum speakers included Jarod Pepper from the Corporate Business Ethics Office, Waheed Kahtani, who is with the General Auditor’s Office, William Rice from the Corporate Compliance Department (CCD), Paul McCormack from CCD, and Mohammed Abdullahi, who is with Procurement and Supply Chain Management (P&SCM).

The interactive sessions included the standards of ethical behavior, root causes for why people might engage in unethical conduct, the importance of reporting suspected ethical violations, the company’s gifts/meals/entertainment policy, anti-corruption standards, data privacy requirements, social media usage guidelines, the cost of fraud, the Supplier and Supply Chain Codes of Conduct, and real case examples of unethical conduct.

A special forum was held solely for key contractor personnel assigned to the Jazan project. This forum addressed the topics from a contractor specific point-of-view and was attended by 115 contractor personnel from 18 companies.

The Ethics Office, along with P&SCM and Project Management, are spearheading additional contractor awareness sessions this month targeting an additional 200 contractor companies.

by Jarod Pepper from the Corporate Business Ethics Office engages employees in Jazan with some true life past case examples of unethical conduct. Pepper was among a small team that recently traveled to the remote area for an ethics awareness and training session,

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tackling corrosion
a $2.5 trillion problem globally

by Eamonn Houston

Dammam — Internal corrosion in pipelines is one of the most significant challenges facing Saudi Aramco on a daily basis, with more than 200 attendees from Saudi Aramco organizations were told recently at a forum and exhibition at the Dammam Office Building.

Mohammed A. Al Hatlani, general manager of Pipelines, opened the Internal Corrosion Forum, noting the cost of corrosion globally is approximately $2.5 trillion. Saudi Aramco, he added, recognizes that effective corrosion management — in conjunction with other ongoing nonmetallic materials development, deployment of new technologies, as well as best practices in inspection, detection, correction, and prevention — can significantly reduce such risks and costs.

Al Hatlani said the forum provided an opportunity to enrich knowledge and exchange ideas and best practices with a variety of organizations and subject matter experts — both within Saudi Aramco and externally.

“I have seen an increase in participation in these types of events across different organizations. We can see the high level of interest among all of the participants,” said Al Hatlani.

A series of presentations explored in detail some of the most pressing areas of pipeline integrity.

the continuing fight to cut the costs of corrosion

Effective management of corrosion is critical to the health of the oil and gas industry. According to the National Association of Corrosion Engineers, the total annual cost of corrosion in the oil and gas production industry is estimated to be $1.372 trillion — including $589 million in surface pipeline and facility costs, $463 million annually in downhole tubing expenses, and another $320 million in capital expenditures related to corrosion.

A number of presentations were given on key topics, including:

• "Top of the Line Corrosion (TLC) Probabilistic Risk Analysis for Wet Sour Subsea Pipelines" by Faisal Al Abbas
• "An Overview of Saudi Aramco’s Internal Corrosion Strategy" by Alaa K. Mahmoud
• "Asset Integrity Management of Internally Corroded Piping" by Ali Qurban of the Northern Area Pipelines Department
• "Internal Corrosion Mitigation by Using Nonmetallic Materials at Wash Water Line System" by Turki M. Al-Albeedi of the North Ghawar Producing Department
• "Pipelines Chemical Treatment" by Ibrahim Hassan.

Pipeline integrity critical across the board

Praising the forum’s ability to effectively engage participants, Al Hatlani highlighted the importance of the event.

“It really focuses on one of the most important aspects of our business, which is pipeline integrity. We really pay a lot of attention to that because it is essential for safe, reliable, environmentally friendly, and cost-effective operations,” he said.

Al Hatlani added that internal corrosion mitigation is a key factor in pipeline integrity specifically, and the company’s integrity programs in general.

He further added that interaction and engagement on the topic would continue beyond the event itself.

“We will get feedback from the participants so that we can improve the forum. Also, we will summarize the content and the issues we have discussed and the solutions proposed,” Al Hatlani added.

“Pipelines, Distribution, and Terminals (PD&T) is playing a very important role because we cover everything across the Kingdom and all of the way to the terminals where we distribute the company’s products to the rest of the world,” he said.

Internal corrosion: the silent killer

PD&T and Technical Support Department manager Walid S. Al-Kulaibi described internal corrosion as a “silent killer” and highlighted the value of the forum, as it served as a platform for sharing knowledge between subject matter experts and young employees.

“This internal corrosion is a silent killer,” he said. “If you forget about or ignore it, it will hit you.”

Annual Corrosion Costs in the oil and gas industry

$589 million
downhole tubing expenses

$463 million
capital expenditures related to corrosion

$320 million
surface pipeline and facility costs
With this program, we strive to bring customized education to your seats. 

— Faisal A. Al Hajji

Some of the 40-member first cohort of the Master of Business Administration program pose with members of Saudi Aramco Training and Development and Instituto de Empresa (IE) Business School, Spain, who have come together to offer the 19-month course. To address the growing need for continuing professional development of its employees, Saudi Aramco partners with top-tier global universities to offer advanced degrees. (Photo: Mayameen AlHamoud/MPD)

a remarkable employee opportunity partnering with IE Business School to offer MBA program

by Shaistha Khan

Dhahran — Continuing its ongoing partnerships with high ranking global universities, Saudi Aramco Training and Development (T&D) has partnered with the Instituto de Empresa (IE) Business School, Spain, to offer a 19-month Master of Business Administration (MBA) program to company employees. At the recently held launch event, T&D welcomed faculty from the university, including the president of the IE Business School, and the first cohort of 40 Saudi Aramco students.

“With this program, we strive to bring customized education to your seats,” Al Hajji said. “Apart from delivering the same educational experience, this program is business-driven, cost-effective, flexible, and provides a hands-on learning experience where students have an opportunity to implement learning on actual, work-related projects.”

making the most of learning

Santiago Ilugué de Onzoño, president of the IE Business School, said the students will have an opportunity to visit the IE Business School campus and engage with students in other programs. “At the core of good leadership is interpersonal skills, and to make the most of your learning experience, be open to learning from faculty, your peers, and other fellow students,” de Onzoño said.

He highlighted the program’s blended learning format that integrates face-to-face learning with online modules and multimedia case studies.

“The 19-month program offers the same curriculum as a full-time program, but the condensed format will help enhance a number of other skills, which are essential for good management, like working under pressure, time management, and resilience,” he said.

a career opportunity

Wadha A. Nafjan, a public relations representative with the King Abdulaziz Center for World Culture (Ithra), believes that attending the program will add value to her career.

“The university focuses on diversity, entrepreneurship, and innovation, which each of us can apply throughout our careers at Saudi Aramco,” she said.

Abdullah K. Helali, an engineer with the Pipeline Projects Department, hopes that the program will pave the way for leadership opportunities.

“As an engineer, it was the right time in my career to acquire business acumen that would be needed for future leadership positions,” he said.

Mohammed A. Jazzaa, an engineer with the Power Systems Planning Department, added that the program will help develop business and management skills that are required for the future of Saudi Aramco.

few would argue against the importance of culture to the success of an organization’s enterprise risk management (ERM) process.

However, identifying what factors make an organization’s culture strong from a risk standpoint, and how they can be aligned with risk initiatives, can be challenging.

As culture is an attitude or belief that is shared by people with a common purpose, the building of our risk culture is dependent on all of us having a common appreciation for risk management and a belief in its value proposition.

An effective risk culture allows risk management to be part of the fabric of the organization, rather than a compliance-based deliverable. After all, managing risks should be a primary goal of all employees throughout the company. So how do we build and maintain an effective risk culture?

every conversation is an opportunity to improve response

We can start by encouraging people conversations across the organization as it pertains to risk management. Only through openly sharing what we believe our risks are, will we afford the greater organization an opportunity to become part of the solution.

Make risk management an integral topic at your communication meetings, and encourage discussion around the nature of risk in your business — the impacts thereof, as well as what is being done to mitigate it. Every conversation about risk is an opportunity to improve our collective response.

empower your staff so they can learn when to take risk

We all know that to achieve any success requires taking some level of risk. Through empowerment, we encourage staff to take risks in support of our common objective, but only when such risk is appropriately controlled and monitored.

Taking a risk is an integral part of doing business, and empowering staff to take calculated risks should always be part of our risk culture.

working collectively lessens the load

Through collaboration, our capacity to collectively manage risk more effectively will improve. Risk conversations across the organization should include collaborations with others, as the best solutions may well be outside of your span of control.

Multidisciplinary teams, engagements, as well as the sharing of data, business goals and challenges, will actively contribute to greater sharing of information and breaking down “silo” mentalities.

the more information the better in making decisions

We need to be disciplined and clear in our thinking when making important business decisions. Good decision making requires that we have a full appreciation for the risks involved, the potential consequences as well as treatment plans to reduce any possible loss.

Risk is the management of uncertainty and uncertainty is reduced through information. Make sure that all of your decisions are well informed. Remember, if you are not managing your risks continuously, you are not managing your business.

Through greater people conversations, empowerment, collaboration and decision making, we look to build an effective Saudi Aramco risk culture underpinned by these critical behaviors. Please visit the ERM Sharek page for further points of reference on ERM.
delivering on our promise to help
Saudi Aramco employees’ charitable donations reach those who need it most

Al-Khalidi praised Saudi Aramco’s staff engagement in social responsibility and citizenship, as it enables them to donate through official, accredited, and reliable channels. He hopes that this generous donation will have a significant impact on the beneficiaries.

Other beneficiaries of the program’s social fund include “Trahom,” the national committee for the care of released prisoners and their families. The organization provides for the basic needs, which helps to ensure a decent life for these families, as well as educational and training programs that promote potential employment.

“This is a unique initiative, a fruitful partnership between Saudi Aramco, its employees, and community service institutions, and a living witness of the love for good in our society,” said Yousef Al Rashid, executive director of the committee. “This program contributes to supporting a unique idea at the Kingdom level — the educational center dedicated to the sons and daughters of prisoners, which provides comprehensive follow up of their courses, and enhances their abilities by providing tutoring sessions and support training courses.”

Saudi Aramco fortes its iktva message at Jubail forum

Jubail — Saudi Aramco’s commitment to supporting local content, increasing exports, and promoting job creation in the Kingdom was given a boost at a recent Entrepreneurs Industrial Forum in Jubail. The forum was held under the patronage of HRH Prince Saud ibn Naif ibn ‘Abd Al-Aziz Al Sa’ud, Governor of the Eastern Province.

Procurement and Supply Chain Management (P&SCM) was represented with a Saudi Aramco booth that had three sections, including “How to Do Business with Saudi Aramco,” “Iktva Journey,” and “Wa’ad” — all designed to highlight to potential entrepreneurs the investment opportunities, and available support.

In a panel discussion, P&SCM vice president Mohammad A. Al-Shammary said the company’s iktva program supports the Kingdom’s Vision 2030 in tangible ways:

- It develops a robust supply chain, innovative energy, and technology entrepreneurs, as well as a globally competitive workforce.
- It develops investment opportunities to support small- and medium-sized enterprises
- Saudi Aramco plans to spend about $40 billion annually, which will provide opportunities for entrepreneurs to invest.

Mohammad A. Al-Shammary answers a question during a panel discussion at the recent Entrepreneurs Industrial Forum in Jubail. Al-Shammary shared details about the company’s iktva program, as well as its plans to spend about $40 billion annually, which will provide opportunities for entrepreneurs to invest. (Photo: Ding/MPD)
Loss Prevention unveils vision for the future

‘Enabling Excellence in Safety’

by Gregory Wilson and Eli Villoria

As Saudi Aramco moves forward and embarks on a number of ambitious projects to expand and diversify its business, the Loss Prevention Department (LPD) has announced the launch of its new department vision — "Enabling Excellence in Safety." Accompanied by an enhanced mission and set of strategies, this vision encompasses the department’s goals when addressing the challenges and opportunities of an ever-evolving business landscape.

LPD’s new vision brings with it a proactive approach directed toward integration and safety improvement throughout the company.

‘sending a clear message’

“LPD’s new vision signifies the essence of who we are and where we want to be, while sending a clear message that Saudi Aramco integrates safety into every facet of business,” said Ghassan G. Abulfaraj, LPD manager. “We will drive safety excellence forward, and enable our customers to leverage this.”

As with all facets of Saudi Aramco’s business, safety is constantly evolving and to ensure that it succeeds in its vision, LPD has implemented a new mission focused on integrating safety in business, while simultaneously driving safety performance — something the department knows will play a fundamental role in supporting the company’s corporate safety value.

“This vision aligns with the transformation and ongoing commitment required to achieve the highest levels of safety excellence, while our mission provides us with a clear sense of purpose in what we need to do to ensure safety is being managed and elevated within Saudi Aramco,” said Abulfaraj.

“Both will be used as drivers to guide us in facing safety challenges across the company, while also creating an innovative environment that integrates safety into our business and communities. LPD has a key role in ensuring the business continues to embrace a safety culture built on the belief that no task is worth completing unless it can be completed safely. This fundamental belief is what the department was founded on.”

“Integrating safety into our business will see us working closer than ever with our partners to ensure that safety management is included in every activity, task, project, and business decision,” adds Abulfaraj. “Our relationship and communication with our partners is vital.”

While the new vision and mission serve as effective drivers, LPD has also implemented a clear set of strategies in line with its aspirations. These strategies are focused on three core elements — performance, services, and capabilities — and cover a broad spectrum of safety-related activities ranging from concept to implementation. These include focal areas such as the development of new safety standards, provision of fit-for-purpose field support, the assessment of safety performance, and forecasting of potential emerging risks — while continuing to embrace its duty of communicating the message of safety to the workforce and beyond.

‘safety ambassadors’

“Our new vision, mission, and strategies manifest our journey to excellence by streamlining initiatives that produce high value results,” said Mohammed E. Alsamin, a Loss Prevention supervisor in ‘Udhailiyah. “These will undoubtedly assist us in our role as safety ambassadors at Saudi Aramco.”

Haifa Alsheikh, a writer/editor with the Loss Prevention Department’s Safety ambassador, Haifa Alsheikh notes that “The department’s new vision, mission, and strategies are powerful reminders of our role as safety ambassadors at Saudi Aramco.” She also noted that it is critical to empower organizations while promoting a safety culture and sense of responsibility in each employee and contractor.

Saudi Aramco’s Management and Professional Development Department (M&PDD) has launched “My Development, My Responsibility” — an initiative designed to deliver targeted workshops and programs to remote locations to empower employees in their own careers.

Through the initiative, a team will visit 10 Saudi Aramco remote locations and deliver from 17 professional development workshops and programs to all levels of employees based on organizational needs.

Although these offerings are available in both Dhahran and Ras Tanura, it can be challenging for some to attend due to time, travel, and accommodation constraints. M&PDD has eliminated these constraints by providing opportunities on-site at various remote areas.

To launch this event, teams from the Career Development Division (CDD) and the Leadership Development Division flew to the Jazan Refinery to facilitate Emotional Intelligence, Career Management, and Critical Thinking programs to empower employees.

Since the launch, the team has delivered additional offerings at remote locations, including:
- Ju’aymah and Tanajib for courses on Employee Development and My Development Plan, attended by 19 employees.
- Tanajib and Manifa for courses on Employee Development and My Development Plan, attended by 17 employees.

M&PDD manager Colin K. Roinisalo and CDD administrator Rafa Al-Shalabi met with Abdullah S. Al-Suwailm, the general manager of the Jazan Refinery Complex, and other management to present the new HR strategy and explained its impact to our business. The HR strategy meetings in Ju’aymah and Tanajib were attended by 27 members of management.

Continuing on the success and momentum of this initiative, M&PDD has several locations to visit from now until December to provide more development opportunities for employees.

For questions or more information about “My Development, My Responsibility,” please contact CDD’s Syed Y. Sultan (SULTANS).
well-being

caring for your health and wellness

breast cancer awareness: early detection saves lives

Breast cancer is the most common cancer for women in the world, and the second most common cancer overall. In 2012, nearly 1.7 million new cases were diagnosed.

According to Johns Hopkins Aramco Healthcare (JHAH) oncologist and hematologist, Dr. Osama Halaweh, breast cancer is the most common cancer for women in the Kingdom and accounts for 30% of all cancers diagnosed here.

The incidence of breast cancer increases as a woman reaches menopause and after menopause, and continues to rise as a woman gets older. And though breast cancer in women in their teens or 20s is not common, there have been such cases. Therefore, breast awareness must start as early as when women reach this age group.

when to perform regular self-examinations

Self-breast examinations should start as early as 20 years of age. The best time to do examinations is when your breast is not tender or swollen, usually on the 10th day after the first day of your period. Post-menopausal women and those who have had a hysterectomy can pick any day of the month and keep it as a routine every month.

There is no right or wrong way of checking your breast. Do this in front of the mirror while you get dressed or while you are in the bath or taking a shower.

These steps may help you in your self-breast examination:

• In the shower: Check each breast in a circular motion using the pads of your fingers from the outside to the center of the entire breast, including under your armpit and around your collarbone. Feel for any lump, hard knot, or thickening and swelling. Gently squeeze your nipple, and check for discharge and lumps.

• In front of the mirror: Put your arms on the side, and check your breast for any visible changes such as skin discoloration. Next, lift both arms above your head, and check each breast for changes in shape, size, and contours. Check also for skin dimpling or changes in the nipple.

• Lying down: Put a pillow under you, and follow the same steps you would while checking each breast in the shower.

what to look out for

When checking your breasts look for any changes that are not normal for you, including:

• Skin discoloration, redness, a rash-like skin texture around the breast or around the nipple (dimping, puckering, retraction), or when the skin looks like an orange skin.

• Nipple discharge. Note the color of the liquid that is coming out.

• Lump(s), which can be a hard knot or thickening and may be painful.

• Nipple retraction or inverted.

• Swelling in the armpit or around the collarbone.

• Constant pain and/or itching in any parts of your breast and under your arm pit.

If you do find changes, don’t panic. Not all changes are caused by cancer, as there are many reasons for such findings, and some are harmless. Regardless, though, they should be checked out immediately.

know your risk factors

You should also be aware of your risks for developing breast cancer. If you are aware of these risks, inform your doctor so that he/she will give you special tests that are right for you, to monitor for and detect breast cancer at its early stages.

These factors can include gender, increasing age (81% of breast cancer is diagnosed in people 50 or older), previous personal or family history of breast cancer or other cancers, having been diagnosed with benign breast disease in the past, early puberty or menstruation, late menopause, not breastfeeding, not having children or bearing children later in life (30 years or older), undergoing hormone replacement therapy, obesity, and chronic smoking (cigarettes or shisha).

To reduce breast cancer risk, healthy and well-balanced meals should include the following:

• Consume more nonfat or low fat dairy products

• Consume whole grains, unsweetened cereals, and cooked legumes, including fiverich beans and lentils

• A minimum of five servings of fruits and vegetables

• Consume lean protein such as lean meat, fish, tuna, and skinless poultry

• Healthy oils, such as olive oil and canola oil. Healthy oils should be used in moderation.

• Consume nuts (in particular almonds and walnuts) as they contain anti-cancer nutrients

• Some studies recommend consuming soy products, such as soy milk and soybeans, as they play a protective role against breast cancer. Other studies recommended adding turmeric spice to foods for the same reason.

• Avoid obesity and exercise regularly at least 30 to 45 minutes daily.

• Limit the intake of sugar and refined carbohydrates such as sweets and sugar sweetened drinks and sodas. It is healthier to replace the sweets with fresh or dried fruit.

• Consume enough vitamin D. Low fat and nonfat dairy products, egg yolks, salmon, sardines, and fortified cereals, as well as exposure to sunlight, are good places to boost vitamin D levels.

JHAH is here to help

If you or a family member are dealing with breast cancer, JHAH’s dedicated nurse coordinators are here to provide reassurance and care, and to take you through the treatment process.

Its team of skilled oncologists provides a comprehensive review for every breast cancer case, and creates personalized treatment plans. These may include input from medical oncologists, radiologists, surgeons, radiation oncologists, pathologists, nurses, and support services.

For information, visit www.JHAH.com/
CareServices->SpecialtyCare->Oncology->BreastCancer.

different kinds of breast screening

There are three primary ways to have your breasts screened for cancer:

• Mammogram: From age 40 and on, women should have X-rays called mammograms at least once a year. These can detect abnormal changes in the breast.

• Self or clinical examination: Perform a self-breast exam monthly, and have your doctor examine you before or after your mammogram.

• Magnetic resonance imaging (MRI): Women whose risk factors are high should undergo an annual MRI in conjunction with mammography.

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To reduce breast cancer risk, healthy and well-balanced meals should include the following:

• Consume whole grains, unsweetened cereals, and cooked legumes, including fiber-rich beans and lentils

• A minimum of five servings of fruits and vegetables

• Consume lean protein such as lean meat, fish, tuna, and skinless poultry

• Healthy oils, such as olive oil and canola oil. Healthy oils should be used in moderation.

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Ithra movies

in cinema

Ithra Heroes Adventure
Oct. 9, 11, 12 10:30 a.m.

Coconut the Little Dragon
Oct. 14, 15 6 p.m.
Oct. 16 6:45 p.m.

Kikoriki — Legend of the Golden Dragon
Oct. 9, 10, 11, 12 6 p.m.
Oct. 14, 15 3 p.m.

Champions vs. Legends — The True Winter Sports Heroes
Oct. 12 4:05 p.m.
Oct. 14, 15, 18, 19 1:30 p.m.
Oct. 16, 17 5:10 p.m.

AlphaGo
Oct. 9, 10, 11, 12 1:30 p.m.
Oct. 16 3 p.m.

Sadeya Sabt Sultan
Oct. 9, 10, 12 7:45 p.m.
Oct. 11 4 p.m.
Oct. 16 1:35 p.m.

Is Sumiyati Going to Hell?
Oct. 10 1:35 p.m.
Oct. 14, 15 8:15 p.m.

Noesis
Oct. 14 5 p.m.
Oct. 15, 16 4:15 p.m.

Energy Exhibit Theater

Fly Me to the Moon
Oct. 9, 14 6 p.m.
Oct. 10, 11, 12 5 p.m., 7 p.m.

Fly Me to the Moon
A space adventure of the third kind... In 1969, three astronauts dared to go where no man had gone before — the moon. "Fly Me to the Moon" has created an animated feature film that takes you back to that historic moment.

Champions vs. Legends — The True Winter Sports Heroes
What if the greatest high-performance athletes — present and past — could compete against each other on a level playing field? If competitive conditions were equalized, would today's stars come out on top? Or would they be beaten by the heroes of the past?

Sadeya Sabt Sultan
An unemployed Saudi doctor turns into an ice cream driver disguised as a puppeteer to reach his missing daughter.

Is Sumiyati Going to Hell?
As told through the eyes of young Layan, the story centers on Sumiyati, the family's housekeeper, and her continuous negative work experiences.

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Presents
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Watch trailer at nWavePictures
THE ULTIMATE SPACE ADVENTURE
Dhahran — The King Abdulaziz Center for World Culture (Ithra) has announced the launch of the second edition of Tanween, Ithra’s Creativity Season, which will run from Oct. 10 to 26.

This year, Tanween will offer more than 230 events through a selection of workshops, talks, exhibits, cultural events, dining experiences, and performances designed to engage audiences on the unlimited potential of creativity. The Creativity Season appeals to audiences of all ages and interests, from young professionals to families.

Announcing the launch of the event, Khalid A. Al Zamil, acting director of Ithra, said: “The first season witnessed a remarkable success — attracting 65,000 visitors, 4,600 students, and the participation of more than 53 speakers who presented 36 talks in the fields of culture, arts, and science. Since the inception and launch of Tanween, it looks to serve as a beacon of support, innovation, and creative thinking.

It offers a window for Saudi talents to look at the creations of the world from various, scientific, entrepreneurial, and technical fields,” Zamil added.

‘Play’ — renewing a childlike fascination

This year, “Play” is a key theme of the creative process across four tracks — Play Process, Play Products, Emergent Play, and Play Spaces. Each track is designed to delve deeply into the creative process through learning and education, games and tools, intelligent technology, and future cities.

“Play” renews the childlike fascination of letting our imaginations roam free, unlock, and discover creativity through the power of play.

With more than 160 workshops, 30 speakers, three unique dining experiences, 12 exhibits, and 18 shows, the theme will be presented as unique and interactive experiences that stimulate the mind and support creativity. Explaining “Play,” Abdullah Al-Rashid, head of programs at Ithra, said the Creativity Season has been carefully prepared through a selection of workshops covering more than 23 disciplines.

“This year it adopts the concept of Play, as a key component of innovation and creative thinking, through an applied simulation of games in science, manufacturing, and communication to create local content, which is of global value and benefits specialists and professionalism,” said Al-Rashid.

This year, Tanween will also have a group of intellectuals and thinkers from 24 different nationalities participate, enabling visitors to experience different perspectives in the fields of science, technology, creative thinking, and the arts.