

panorama

A close-up, low-angle shot of a motorcycle parked on a sandy beach. The motorcycle is dark-colored with a prominent yellow helmet hanging from the handlebars. The helmet has a pair of sunglasses tucked into its chin strap. The background shows the ocean and a bright sunset with a vertical streak of light reflecting on the water. The overall mood is serene and adventurous.

Wiper worry
Replacing it with ease

Antilock brakes
Investing in safety

Ridesharing rules
Safe trips made simple

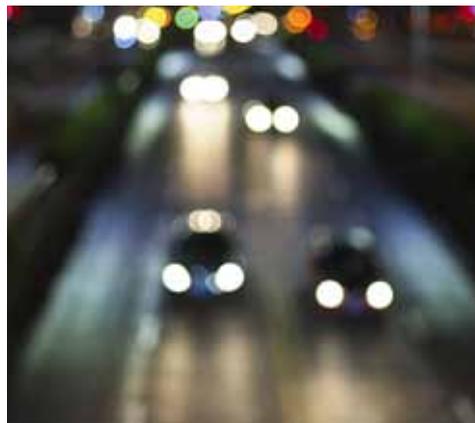
If you have any articles you would like to submit or any suggestions, please email them to panorama@aramco.com

Panorama (Issn 1319-2027) is published quarterly by Saudi Aramco's Loss Prevention Department and is distributed free of charge to company employees and other readers with an interest in safety. Articles may be reprinted without permission provided **Panorama** and **Saudi Aramco Loss Prevention** are credited.



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12 all it takes is one click

Imagine not being able to start your car until you had buckled your seat belt. It is a simple solution that could help in ensuring that the most effective method of reducing injuries and deaths in motor vehicle accidents is used by all drivers and passengers in cars.



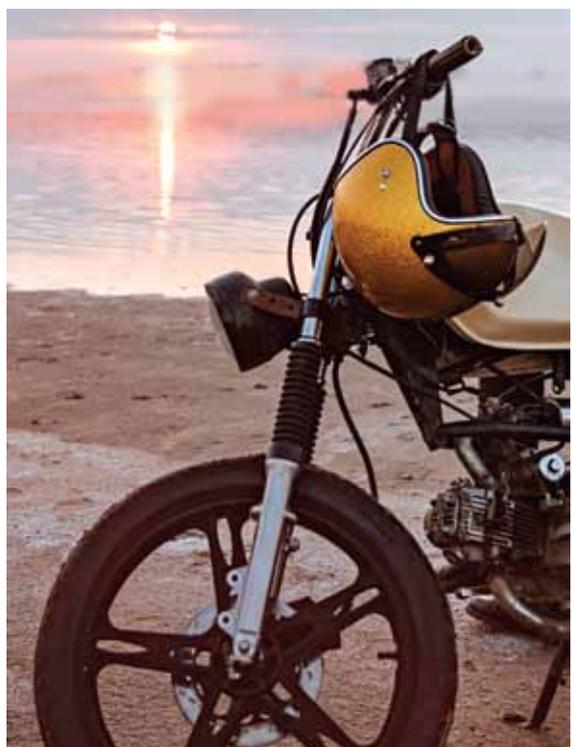
15 recipe for ridesharing: staying safe while sharing

In a modern and increasingly digital world, hailing a taxi by waving frantically is no longer our only option. Ridesharing applications, like Uber, Lyft, and Careem, are fixtures in many cities around the world. They provide a quick and easy solution to a common problem: needing a ride and needing it now. But how safe are they?



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No matter where you are, at some point you will have to replace a battery, so knowing what to look for is important.



on the cover

No matter where you ride, always take safety with you.



Anastasia, 8

replacing wiper worry

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tell us what you think

We've changed Panorama, but don't worry – whatever changes we make our mission to serve our audience and promote safe habits continues. We'd love to hear your thoughts on the magazine.

Email us at:
panorama@aramco.com



Heat, cold, and direct sunlight can cause the rubber to crack and split, leading to streaks when the blades are used. Sometimes long periods of disuse can cause the rubber to stick to the windshield.

Heat, cold, and direct sunlight can cause the rubber to crack and split, leading to streaks when the blades are used. Sometimes, long periods of disuse can cause the rubber to stick to the windshield. When they are turned on, the rubber can break, and the metal arm of the wiper could scratch the windshield and damage the glass. Any squeaking noise when the wiper blades are on is also a sign that they need to be replaced.

To keep your blades in the best condition, wipe them with windshield washing fluid using a soft cloth. Use windshield washing fluid and the wipers to clean the windshield whenever it is dirty. It is especially important to have a clean windshield during night driving, as this

is when dirt on the windshield can cause reflections and glare that can obscure the driver's view. And if you need to turn on your windshield wipers due to rain or fog, you should also turn on your headlights.

When it is time to replace your blades, always replace all of them – front and back. If one is going bad, the others aren't far behind. Check the size of the blades you need in your owner's manual or measure them. Often one is longer than the others and you will need to order different sizes. With wiper blades you get what you pay for, so don't use price as your only guide when choosing your replacement. ■



wipers on, lights on

Several U.S. states have made it law that if you need to turn on your windshield wipers to see clearly, you must also turn on your headlights. This is a good habit to form in any weather that might prevent others from seeing your vehicle.



motion sickness and life of a vehicle

All drivers want to keep their vehicles running as long as possible. Some have family or friends who get motion sickness easily. Some simple behaviors can help avoid motion sickness and extend the life of a vehicle at the same time.

- Braking – avoid slamming on the brakes or coming to sudden stops. Anticipate the actions of drivers in front of you and gently apply brakes early. Gradual slowing is easier on the engine, gas mileage, brakes, and passengers.
- Starting off – from a stationary position, start moving slowly and gradually increase to a steady speed. Smooth starts help passengers get used to the movement and are good for your gas mileage, tires, and engine.

stay alert to stay safe

Death rates in vehicle accidents at night are three times higher than during the day, according to data collected by the U.S. National Safety Council. Since there are fewer drivers on the road after sunset, it is clearly more dangerous to drive at night. About half of all traffic deaths happen at night, even though only a quarter of driving takes place during those hours. It doesn't matter whether the road is familiar or not, driving at night is always more dangerous. There are several factors that cause night driving to be more dangerous.

Darkness is the main reason that driving at night is more dangerous because you can't see as well. The average range of headlights is only 150 m. Your depth perception, color recognition, and peripheral vision are all reduced at night. Limited visibility means that you have less time to react to something in the road — especially when driving at high speeds. It is extremely important to reduce your speed while driving at night.

Darkness can cause other issues with vision. The glare of headlights from oncoming traffic can make it difficult to see. Don't look directly into oncoming headlights — look to the side of the road. When approaching other cars use your low beams to avoid blinding the other driver. Use high beams only when driving in open areas without other cars nearby.

Make sure your headlights are clean and aimed correctly and don't forget to clean your windshield. Always turn on your headlights half an hour before sunset, and use them until half an hour after sunrise. When you are driving, dim the lights on your dashboard. Minimize distractions, like talking with passengers or listening to the radio. Be honest about your ability to drive after dark and limit driving to daytime hours if necessary.

Fatigue is another contributor to the danger of night driving. A National Sleep Foundation poll found that 60% of adults have driven tired, and 37% have fallen asleep at the wheel. The National Highway Traffic Safety Administration states that most crashes or near-misses happen at the times you would expect drivers to be tired: 4 to 6 a.m., midnight to 2 a.m., and 2 to 4 p.m.



The National Sleep Foundation advises drivers to get seven to nine hours of sleep a night. You should take a break from driving every two hours to prevent driving while fatigued.

Driving at night can't always be avoided. Keep in mind the hazards of night driving to minimize the danger, and to stay safe. ■



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ask our experts

> Do I really need to change my car's oil so often?

The short answer is yes, you do. Check the owner's manual to see when it recommends you change the oil and what type of oil to use. Some recent oil blends and long-life blends don't need to be changed as often as oils produced in the past. You still need to change it regularly though. Oil collects little pieces of dirt, rust, metal shavings, and other harmful materials that can damage your engine. Changing the oil removes those harmful materials and protects your engine in the long-term. Not changing it can cause damage to your engine, and that can lead to expensive repairs or engine replacement. Spend a little money on regular oil changes to save yourself a lot on damage later.

> I'm thinking of buying a used car, but I know it's been in at least one accident. What should I look for before buying it?

Vehicles that have been in accidents can be hiding all sorts of problems, even those being sold at reputable dealerships. Many of the problems are hard to see. Always have your own professional mechanic check out the car for problems before you agree to buy, and avoid any car whose owner won't let your mechanic take a look. Frame damage and "clipping" are just two of the potential hidden dangers you could be facing with this type of vehicle.

Frame damage is a common problem with vehicles involved in accidents. This is when a vehicle is hit from a direction that causes the rectangle of steel that makes up the base of the vehicle's body to become bent out of shape. Any bending of the frame makes the vehicle more dangerous because its structure is weakened. If it's involved in another accident it could fail completely. It can also cause things such as pulling to the side when driving, irregular wear on tires and brakes, and more.

"Clipping" is another danger you can't see just by looking at the outside. This is when two vehicles of the same make and model are involved in different accidents. The dealer may cut the good half off one and connect it to the good half of the other. This reduces the safety of the vehicle, but with a good coat of paint can be very hard to spot. Talk to a professional mechanic about any concerns you may have before buying a used vehicle.

> Why does my turn signal make a faster clicking noise sometimes?

The turn signal is an important safety feature that allows other drivers to know when and where you are planning to turn or change lanes. Inside the car, the indicator usually has two signals to let the driver know that the signal is on: a flashing light and a clicking sound. When the light and sound are faster than usual this means that one of the lights in the circuit isn't working. It could be the front light or the back, the indicator can't be specific, but it gives you a warning that one of your lights is out. If one goes out, probably a few others are not far behind. With a friend's help, check that all your lights – reverse, brake, and turn signals – are working. It's estimated that one in every three vehicles has at least one burned out bulb, so make it a regular habit to check your bulbs and replace any that are burned out. ■

ask our experts

Have a safety question and need an answer? Ask our experts.

Send your questions to: panorama@aramco.com

Subject: Question



Hands-free isn't danger-free



1 tasks your brain can focus on at a time.

50% what you fail to see out the windshield while talking on a mobile, even hands-free

1/3 decrease in your ability to process images when listening to your phone

27 seconds time it takes your brain to completely switch between tasks

2x how much longer it takes you to react to an emergency when using your phone with or without hands-free

MythBusters proved talking on the phone with hands-free equals very bad driving. The University of Utah, U.S. National Highway Traffic and Safety Administration, Touro University, the AAA Foundation for Traffic Safety, and the U.S. National Safety Council agree based on their own tests.

Your field of vision is narrowed when you're on the phone.



Benefit? The only people who benefit from including hands-free technology in your car are the car manufacturers who can charge you a higher price for this dangerous service.



invest in ABS

When shopping for a new car, one of the best investments you can make — to ensure the safety of yourself and all your passengers — is an antilock braking system (ABS). Although not mandated as required equipment on new automobiles in every country or region, ABS is a smart option to seriously consider adding to your new car purchase.

ABS is a safety system that engages during emergency braking. It prevents the wheels from locking up and avoids uncontrolled skidding when the brakes are fully depressed. ABS units avoid lock-up by automatically applying and releasing the brakes, a dozen times or more every second. This allows your car to stop in the shortest distance possible.

Similar to many advancements in the automotive industry, ABS was invented by the aviation industry. It was first developed in the late 1920s for airplanes. In the 1950s, mechanical systems were being used widely in aircraft in the U.K. In the early 1970s, U.S. car manufacturers introduced the first generation of automotive ABS units.

At first, only expensive cars had the benefit of ABS, but it was gradually introduced to less exclusive cars. ABS has been required equipment on all new passenger cars in the European Union since 2007 and in the U.S. since 2011.

ABS basics

ABS incorporates four components: sensors on the wheels, pumps, valves, and electronic control units. When the sensors detect that the brakes are going to lock up, the electronic control unit activates the pump. This controls the valves that control the brakes.

In cars equipped with ABS, the correct response to an emergency is to depress the brake pedal as hard as possible. Since the brakes are controlled independently, ABS allows you to steer the car even when fully engaging the brakes. This is not possible without ABS. Being able to steer when your car is skidding on a wet surface or avoiding a road hazard is priceless.

Investing in ABS is a clear-cut decision. ■



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Vibration fright

When a vehicle's antilock brake system engages, a vibration can often be felt through the pedal. It is important for the driver to be aware of this and comfortable with it before needing to use the brakes in an emergency. Preventable accidents have happened when drivers took their foot off the brake because they were startled by this vibration.

all it takes is one click

Eliana, 8
Keyla, 7



Imagine not being able to start your car until you had buckled your seat belt. It is a simple solution that could help in ensuring that the most effective method of reducing injuries and deaths in motor vehicle accidents is used by all drivers and passengers in cars.



The technology is available to force drivers and passengers to wear a seat belt. There is only one problem with this simple solution – human nature. No one likes being told what to do, but when it comes to seat belts there is a global consensus that roads are made safer when we buckle up.

Despite the evidence that seat belts are the most effective means of reducing injuries and deaths in road accidents, it is still common to see drivers and passengers not using them. Because of this, seat belt reminders are becoming more common and more inventive in cars.

Most cars today have a visual signal, either a blinking icon or a text display, or a beeping sound that can vary in pitch and intensity. The beeping is considered irritating by car occupants, especially those who do not regularly use their seat belts.

Seat belt reminders of this type range from simple to “intelligent.” They can have sensors that recognize when there is someone in the seat, and also have pitches of varying intensity depending on the speed of the car and distance travelled.

People might find these sorts of reminders annoying, but they are effective, as research in the Netherlands and by the National Highway Traffic Safety Administration in the U.S. has shown.

Seat belts should be worn by all occupants of the car, including passengers in the back seat. Restraints appropriate to the age, weight, and height of children should be used – including proper car seats for children. This is especially important because passengers in the back seat who are not wearing a seat belt, apart from sustaining injuries themselves, can add to the injuries of occupants in the front seats.

Unbelted passengers in the rear of a vehicle are thrown forward during a collision. They can push the front seat forward, which can add to the back and head injuries of the person in the front. An unbelted rear passenger can also be thrown to the front and collide forcefully with the front occupants, adding to both of their injuries.

With all the evidence that seat belts make car journeys safer, the question must be asked: why do so many people still fail to wear them? ■



what does a seat belt do?

So why is it so important to wear a seat belt? In the event of a crash, the seat belt does not just hold you in your seat, it also:

- Prevents you from being thrown from the vehicle.
- Spreads the force of the crash over a wide area of your body.
- Allows your body to slow down more gradually.
- Protects your head and spine from serious injury.

pet harnesses

It is not just people who should be buckled up when in the back seat. Having a dog in the car is a common sight in many parts of the world. While many consider a dog to be a best friend, this may not be the case in an accident if your pet is not buckled up. Special car harnesses are available for dogs of all shapes and sizes to help keep all car occupants safe while on the road.



recipe for ridesharing: staying safe while sharing



In a modern and increasingly digital world, hailing a taxi by waving frantically is no longer our only option. Ridesharing applications, like Uber, Lyft, and Careem, are fixtures in many cities around the world. They provide a quick and easy solution to a common problem: needing a ride and needing it now. But how safe are they? Besides the inherently dangerous nature of road transportation, more and more news stories share frightening details about ridesharing drivers who put passengers at risk, but there are steps you can take to reduce these risks and enjoy a safe trip.

Communicate

Communication is key to a safe trip. Before you get into a car, inform the driver of your destination and preferred route, as well as any specific needs or a preferred navigation system. Make sure you have enough battery life on your phone to last for the length of the trip. To avoid creating a distraction that will put both of you at risk, don't talk to the driver while the car is moving unless it's necessary.

Pick the safest route

Research all possible routes to your destination and ask your driver to travel on the safest one. The U.K.-based International Road Assessment Programme provides high safety ratings for highways with grade-separated intersections, sturdy safety barriers, and paved road shoulders, while low ratings are attributed to undivided roads with high speed limits and frequent curves and intersections.

It's also a good idea to avoid poorly lit roads and routes that have a lot of traffic and construction work.

Share trip status

Uber's "Send status" and Careem's "Share tracker" options are great ways to let your family or friends know your whereabouts in real time. These options enable you to share a link to track your trip. Whoever has the link can keep an eye on your trip and report anything suspicious, including the car symbol disappearing from the navigation map or unexpectedly changing its route, and can then immediately contact emergency services if there is a reason to suspect you're in danger.

Speak out

Follow the rules of the road and expect the same of your driver. If your driver exhibits unsafe driving behavior, such



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as using a mobile phone, speeding, or running red lights and stop signs, speak out and correct the behavior. Voice your concerns concisely and at the appropriate time to avoid being a distracting backseat driver.

Rate and report

If your driver puts you at risk as a result of reckless driving, harassment, or risky behavior, report it using the ridesharing app. Make sure your rating accurately reflects the driving to keep other ridesharing app users safe. Giving a low rating, or reporting safety issues, can subject drivers to disciplinary action or even deactivation, depending on the severity of the situation.

Ridesharing apps serve a much-needed purpose and offer a safe option if you are too tired or sleep-deprived to drive, but they're not without their own set of risks. As a passenger, you might think that safety is in the hands of the driver, but you also have a role to play. Play your part toward reducing the risks and have a safe ride. ■



be a safety star

Panorama is seeking models for upcoming issues. We need you and your family's smiles to join our team!

Please contact us at panorama@aramco.com.

Subject: Safety Stars



Checklist for rideshares

Ridesharing apps provide you with the rating, license plate, and personal photo of the driver. Before you get into the car, check that:

- The driver has a high rating.
- The license plate matches the one in the app.
- The driver is the same one in the photo, even if the license plates match.



buying the right car battery



In hot climates, car batteries tend to wear out faster than in temperate environments. Car batteries can wear out in 18 months to two years in high-temperature climates, where summer temperatures can be more than 40 °C for months on end. But no matter where you are, at some point you will have to replace a battery, so knowing what to look for is important. You need to consider the battery's size, freshness, and reserve capacity when shopping.

Type

Buy the correct battery size for your car's make and model. Consult the owner's manual, which usually specifies the right type to buy.

Pick the correct battery for your driving needs. Look for a battery with a long life guarantee if you primarily make many short trips during the day. Short trips don't allow much time for the battery to recharge. A battery with a long life is better for those shorter trips.

Check the reserve capacity of the battery you are shopping for. This measures how long the battery can run using its power alone. It's a good idea to know this length of time in case the car's alternator fails.

Age

Try to buy a battery that was produced within the past six months. A date stamp code is on the battery. The first

character is a digit corresponding to the month — A for January, B for February, etc. The second digit gives the year — five stands for 2015, six for 2016. The date code is either engraved into the battery's cover or printed on a sticker.

Replace

Be sure to periodically check the indicator window on your battery. High temperatures wear out car batteries faster than cooler climates.

When it takes longer to start your engine, this could be a sign that your car's battery is losing its charge and may die soon. Paying attention to these signs and shopping tips will help you purchase the right battery before your old one runs out.

Waiting until your car won't start is not the best time to go battery shopping. ■



A date stamp code is on the battery. The first character is a digit corresponding to the month — A for January, B for February, etc. The second digit gives the year — five stands for 2015, six for 2016.



when do you use your battery?

The battery is mostly used when starting the vehicle's engine. It provides the energy to get the engine going and runs any electric devices when the engine isn't running. Once the vehicle is on, the power comes from the alternator. Car batteries recharge from the alternator while the engine is running.

safety star art

1. ديبیکا، 11
2. سعود، 10
3. أسيل، 7
4. خالد، 3
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5. Ahmad, 6
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safety star art

Draw a picture of "cooking safe".

Ask your parent to send it to us as a .jpg
300dpi.

panorama@aramco.com

Subject line: Art

Include first name and age of child,
and parent's contact information.

