



The first of May is a day dedicated to the celebration of Laborers in recognition of their productive efforts in the business sector, a day celebrated by most of the world where most countries consider the "Labor Day" as a big event, the beginning of Labor Day was on April 21, 1856 in Australia then the inspiration had moved to United States of America, where Laborers in the state of Chicago demanded a reduction in daily working hours to become only eight hours, and the same demand repeated later in California then Toronto in Canada. The Laborers' first day celebration was held in the United States of America on **September 5, 1882** where the leader of American Laborers, **Peter McGuire** attended that celebration.

KGOC Management would like to seize this opportunity to congratulate each one of you and wish you a very fruitful year of achievements and joyful days.



HSSE "Message"

How to get rid of stress instantly at work:

Do a few stretches : Taking a few minutes off and doing some stretches will help loosen your muscles and drive the tension away. Massage your neck and shoulders lightly, and feel the difference instantly.

Drink water : Drinking water helps calm your nerves. So, if you are on the verge of losing your cool at work, start drinking some ice cold water before you get into an argument or get ready to have a face-off.

Re-organize your desk : Get rid of the unwanted things that you have been collecting over time. You will be amazed at how much this helps in keeping you calm.

Take a walk : Pull yourself away from your work station and go out and get some fresh air. It clears your head and helps you think straight. Even a two-minute walk can work wonders.

HR TRANSMISSION



الشركة الكويتية للنفط الخليج (ك.م.ك)
KUWAIT GULF OIL COMPANY (K.S.C)

"Our way of staying in touch"

May 2018

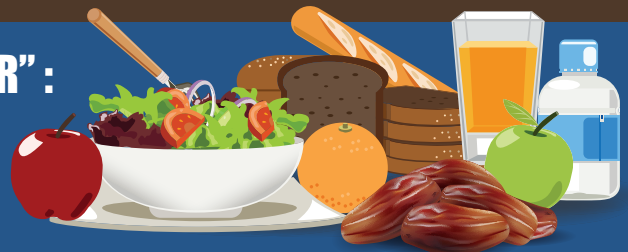
Ramadan Kareem

KGOC Management would like to take this opportunity to congratulate all employees for the occasion of the holy month of Ramadan. A month that is eagerly awaited every year by all of us. Ramadan is characterized and well known by many unique traditional social activities,

e.g. family gathering at IFTAR, exchanging of greetings between people, social visits, lots of donations & charities and so many other great traditions that only occurs during the holy month. The company wishes all employees a blessed month and God may accepts your obedience.

Tips for a Healthy Balanced "IFTAR" :

1. Start by eating 2 dates, especially if you suffer from a headache or dizziness due to low blood sugar levels during the fasting period
2. Make sure you drink sufficient water, healthy juices or yogurt before you start eating. This will prevent dehydration and provide your body with essential fluids
3. Have a bowl of soup, an indispensable dish in the Ramadan meal, since it prepares the stomach to receive the rest of the meal and helps replenish some of the body fluids lost during the day.
4. Eat a salad, because it is rich in vitamins, minerals and fiber. The more colorful your salad, the more health benefits it holds. It also gives you a feeling of fullness, ensuring you eat less of the main dish.



5. Consume a moderate quantity of the main dish to maintain good health. The main dish should contain a source of carbohydrates like rice, pasta, potatoes or burghul, as well as some form of protein like beef, chicken or fish, in addition to cooked vegetables.
6. Moderation is key when it comes to eating starters (fried foods and pastries) and sweets because these foods are rich in fats, salt and sugars. Enjoy these Ramadan treats, but try to control the size of your portion in order to stay healthy and prevent weight gain.

HR "Tip of the Month" :

Don't Try to Change Your Coworkers

"You can't change anyone; you can only change the way you react to them, "Don't let other people's actions affect you. Just figure out a way to resolve conflicts and avert uncomfortable situations."

Focus on the Positive

"Identify the things that you like at work, even if they are as simple as your coworkers. "You create your own mind-set. If you stress the positives, you will make your job more enjoyable. Worrying about the negatives may cause you to become overwhelmed."



KGOC Sick Leave Campaign:

On April 22nd, the Human Resources Group (PA&IR Team) proudly launched the "sick leave campaign" under the patronage of the company's CEO. The lecture was delivered by **Dr. Mohammad Mousa Al-Jowaiser**, an international expert on personality patterns and family medicine consultant. The lecture was entitled "The causes leading to the phenomenon of excessive normal sick leave taken and how to overcome it"



Humor of the Month

A Highschool football coach walked into the locker room before the game starts, looked over to his star player and said, "I cannot let you play since you failed math, but we need you in there. So I'm going to ask you a math question, and if you get it right, you can play." The player agreed, and the coach looked into his eyes intently and asks, "Okay, now concentrate... what is two plus two?" The player thought for a moment and then he answered, "4" "Did you say 4?" the coach excitedly replies, all the other players on the team then began screaming, "Come on coach, give him another chance!"

