



8 Ways to Protect Your Eyes from Computer Screens:

- 1. Reduce Screen Brightness:** Always make sure your screen is the brightest light in the room.
- 2. Blink Often and Use Eye Drops:** Even keep a bottle of saline eye drops on you if you have a long day ahead of looking at a screen. Re-wet your eyes every couple of hours or so.
- 3. Use a Grey Background:** Changing a white background to grey can be a boon to your eyes since there's less glare, making it easier for your eyes to focus.
- 4. Install a 20-20-20 Break Extension:** Standing for – taking a break from your screen every 20 minutes by looking at something 20 ft. away for 20 seconds interval. "20-20-20 break" is a great way to keep your eyes in shape.
- 5. Invest in a Screen Protector:** Anti-glare screen protectors are a relatively inexpensive product to consider for both your smartphone, computer or tablet. They will be helping to make the whites seem less glaring.
- 6. Try Anti-glare Glasses:** Computer glasses are a good solution to consider if getting an entire anti-glare screen protector isn't appealing. They also work great on smartphone screens.
- 7. Enlarge the Text on Your Screen:** For a nifty tool built into Windows, Magnifier enlarges whatever area of the screen you're currently on, letting you adjust the amount of zoom.
- 8. Move Your Computer to a Lower Table:** By placing your computer on a lower table, like at coffee table height, you're forcing your eyes to blink more and produce more lubrication.

KOGS Society of Petroleum Engineers
Kuwait Oil & Gas Show and Conference

13 – 16 October 2019

Kuwait is one of the most compelling industry environments in the Middle East. An OPEC member, it houses the world's sixth largest oil reserves and is the fourth largest exporter of total oil products.

Production currently stands at approximately 2.77 million bpd. By 2020, Kuwait aims to reach a production capacity of 4 million bpd and maintain this level through 2030. Downstream, Kuwait also plans to grow domestic refinery capacity to 1.4 million bpd and boost international cooperation.

Kuwait Oil & Gas Show and Conference was established in 2013, KOGS 2019 incorporates an international exhibition of oil and gas hardware and services and a broad spectrum technical conference programme. The 3 day exhibition is

organised by Informa Markets. It serves all areas of the oil and gas industry; including petroleum geosciences, exploration & production and refining & petrochemical products and services.

The parallel 4 day multi-disciplinary conference programme focuses on science and engineering factors facing those working in Kuwait and the Divided Neutral Zone (shared with Saudi Arabia). The conference agenda is co-ordinated by the Society of Petroleum Engineers (SPE) in cooperation with a committee of senior NOC and IOC representatives, major operators and academia active in the region.

Together, the conference and exhibition combine to form the single biggest gathering of the oil and gas industry ever seen in Kuwait.



10 QUALITIES OF AN EXCELLENT TEAM PLAYER

- 1. Show Genuine Commitment:** Good team players might make sure they are in the office when needed, but great team players will make "seat" time worth it and contribute as much as possible. They strive for excellence.
- 2. Be Flexible:** Effective Team Players are flexible to the situations thrown their way, and they participate and tackle challenges without showing too many signs of stress or pressure.
- 3. Don't Stay in the Shadows:** As long as you aren't bothering people with questions you should know the answer to. Great team players come to their teammates having prepared their ideas clearly.
- 4. Be Reliable and Responsible:** Excellent team players will complete the tasks in order of priority, not necessarily in order that they're given. When you're not sure of what should take priority, ask your Supervisor.
- 5. Actively Listen:** When you hear someone saying something you don't initially agree with, keep from interrupting and don't let your mind prepare any counter remarks. Just listen, and consider what they're saying and more importantly, why they believe that.
- 6. Keep Your Team Informed:** Share your opinion and ideas without trying to come up with a plan for taking credit for it. Transparency is key on a team, so keep your team members informed.
- 7. Always Be Ready to Help:** Even if it is not in your job description, be generous with pointers or tips to help your team members. For example, if a member of your team is having trouble with a technology tool that is easy for you, offer to sit down with him and show him what you know.
- 8. Support and Respect Others:** It is important to become more self-aware of how you treat others. Remember, you'll receive respect when you give it to others. An ideal team player knows how to have fun, but he would never do it at someone else's expense.
- 9. Be a Problem-Solver:** Your team leader may be working on solving problems, but there is no reason why you can't offer solutions yourself. Your teammates will appreciate your skills, and this may pay off later when your Team Leader considers you for a promotion!
- 10. Recognize When You are Wrong:** If you believe strongly that you or your team is making a mistake, you can find a way to come back to the issue when the time is right, do not let it go and must take the necessary corrective action.

HR "Tip of the Month"



Before we give any criticism, it might be a good idea to check our state of mind and ask ourselves if we are ready to see the good rather than to be looking for something in the person we are about to judge.

"What we see when watching others, depends on the purity

of the window through which we look".

Don't talk negatively about people behind their back, if you gossip, people won't trust you. Personal integrity is crucial. Tell nothing but the truth, people can forgive mistakes but if you lie, you lost their respect and trust.

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!"

