



"Our way of staying in touch"

May 2019



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 may ALLAH accepts your obedience.

## Tips for a Healthy Balanced "IFTAR":

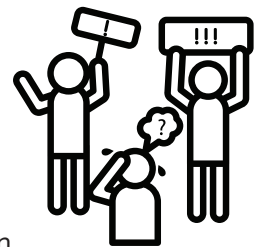
1. Start by eating 2 dates, especially if you suffer from a headache or dizziness due to low blood sugar levels during the fasting period
2. Make sure you drink sufficient water, healthy juices or yogurt before you start eating. This will prevent dehydration and provide your body with essential fluids
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.



The first quarterly meeting for year 2019 between Executive Management and the Board of Directors of KGOC's Trade Union, which was held on Monday, 8<sup>th</sup> April 2019 to discuss all various issues that concern the employees"

## HR News:

Human Resources Group in general and Personnel Administration & Industrial Relation



Team in specific are pleased to announce the implementation of KGOC Personal Grievance System that took place on 21<sup>st</sup> April, 2019 through the Employee Self-Service in Oracle FS/HR System (R-12).

## HSSE "Message"

### 4 Ways to get rid of High Blood Pressure:

- 1. Maintain a healthy weight:** maintaining a healthy weight for your body type helps keep your blood pressure in check. If you carry excess weight, losing it is especially important for lowering blood pressure.
- 2. Exercise regularly:** simple aerobic activity, such as walking or doing chores around the house, can lower blood pressure. ACSM recommends a half hour minimum of moderate physical activity five days a week.
- 3. Reduce and manage stress:** Stress can increase blood pressure, at least temporarily. You'll want to pay particular attention to lowering your stress if you're at risk for high blood pressure due to being overweight.
- 4. Quit smoking:** It's currently unknown what effect smoking has on your long-term blood pressure. However, it's well-established that smoking harms your overall heart health, which makes quitting a smart choice.

## Labor Day

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.

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## HR "Tip of the Month"

"Easy for us to judge mistakes of others, difficult to recognize our own mistakes."  
"It's easier to protect your feet with slippers than to cover the earth with carpet."  
Mistakes are painful when they happen, but years later collection of mistakes is called experience, which leads to success.

