



THE



BENBANNER

ISSUE NO. 18 JUNE 2022

Heat Stress

**Fire Safety in
Workplace**

*Encourage Your
Child To Eat
More Vegetables*



Fight Coronavirus

Use Covid Greetings For Prevention



Wear
A Mask



Wash Your
Hands



Physical
Distance

**You Can Register To Request The Vaccine Through
The Ministry Of Health Website:**

<https://egcovac.mohp.gov.eg/#/home>



CONTENT

HEALTH, SAFETY, ENVIRONMENT AND SOCIAL MAGAZINE

1 NEWS

- Benban Solar Developers Association launches a training program for technical education students

2 COMMUNITY

- Training program for marketing handloom products

3-8 HEALTH AND SAFETY

- Fire safety in the workplace
- Heat Stress
- How do I protect myself from clots?

9-10 ENVIRONMENT

- Agricultural waste

11 HEALTHY RELATIONSHIPS

- Men's psychological needs (Encouragement)

12-16 USEFUL TIPS

- "Trabzon" a heaven on earth!
- Don't put your mobile phone in these place

17-18 KITCHEN

- The one-minute cake!

19-27 KIDS CORNER

- Develop your child's reading skills
- Hassan in benban

28 GAME ROOM

- Dot to dot & color

GET IN TOUCH

info@healthsafetyhome.com
www.healthsafetyhome.com

facebook.com/healthsafetyhome
linkedin.com/healthsafetyhome

(+02) 377 400 02

16 AlHoda Tower, AlBahr AlAzam st. , Giza



Benban Solar Developers Association launches A Training Program For Technical Education Students

Within the framework of the effective and developmental role of the Association of Solar Investors for Community Development in Benban to develop human resources and qualify young people to join the labor market, and to complement the fruitful cooperation with the Ministry of Education to serve the local community in the villages of Benban, the Solar Investors Association, in cooperation with the Bridge Foundation, implemented a training program for students of technical education on handicrafts.

Mr. Hossam Sultan, Executive Director of the Association, indicated to the start of the training project for 21 students in technical education from the villages of Benban and Mansourieh on the crafts of carpentry, plumbing and electricity, at a rate of 7 students for each craft.

He added that each trainee will receive specialized and advanced professional training in the field of craft and in the field of occupational health and safety in his specialization.

The trainee will also receive an integrated kit bag (a free grant) at the end of the training, in addition to a safe and appropriate uniform for each craft (for free).

In addition to each student receiving a daily meal throughout the training days, and an approved certificate of passing the training, each trainee will participate in a graduation project aimed at maintenance and renewal work in his field of specialization for a number of schools in the local community of trainees (Benban and Mansourieh villages), in addition to qualifying the trainee to engage in the labor market immediately after graduating.



Training Program For Marketing Handloom Products

The Solar Energy Developers Association is keen to complete its role in the hand loom program and qualify the women of the loom in Benban to advance and increase their expertise and qualify them from producers only to businesswomen who are producers and marketers at the same time. This is done by training them with specialists in the field of marketing in order to build their capabilities, learn about market and pricing mechanisms, and train on life skills to integrate into the labor market. It is worth noting that the training of the hand loom organized by the Association of Solar Energy Developers in Benban to introduce the appropriate ways to market hand loom products is one of a series of specialized training courses that the association intends to organize periodically during the coming period.





FIRE SAFETY IN THE WORKPLACE

Fire safety is incredibly important for every workplace, no matter the industry since it can occur anywhere and at any time. Workplace fire incidents can be devastating for the whole property; the consequences of a fire breaking out in the workplace may result in severe or fatal injuries to workers and extensive property damage that may lead to a disrupting workflow for weeks or even months.

So, companies and employers must have a competent workplace fire prevention program to maintain a safe work environment. According to the National Fire Protection Association (NFPA) estimates that there is an average of 37,000 fires on manufacturing and industrial properties in the United States every year, and the most common leading causes of workplace fires are:

- Cooking
- Electrical malfunction
- Heating
- other unintentional, careless
- Appliances

FIRE HAZARDS IN THE WORKPLACE

The first step in fire safety is to identify the existence of fire hazards in the workplace.

In most facilities, there are three main types of hazards that could lead to a fire: electrical hazards, combustible materials, and flammable materials.

- Electrical hazards include:
 - Damaged electrical equipment such as lighting equipment, heating and cooking appliances.
 - Frayed or exposed electrical wires and cables.
 - Overloaded outlets and circuits.
- Combustible materials include wood, paper, rubber, plastics and the buildup of combustible dust from coal, metals, and food products such as grain.
- Flammable materials include flammable liquids such as solvents and paints.



FIRE PREVENTION TIPS FOR THE WORKPLACE

Protecting your facility from the risk of fire incidents begins with prevention. While certain conditions could be beyond a company's control (such as wildfires or arson) but in general, most workplace fires can be avoided by following fire safety guidelines.

Both employers and employees should follow fire safety practices to help prevent fires in the workplace:

1- Carry out a Risk Assessment

Employers need first to carry out a fire safety risk assessment, the assessment should identify what could cause a fire to start, consider who could be at risk, and then implement fire safety control measures proportionate to the level of risk. To maintain long-term fire safety in the workplace, risk assessments should be reviewed and kept up to date on a regular basis.

2- Assign Fire Wardens

Fire wardens are employees who are in charge of maintaining fire safety precautions and assisting with evacuations in the event of a fire or an emergency. So it is necessary for any workplace to have at least one fire warden or a team based on the organization's fire risk level, the fire risk assessment, and the emergency plan needed to keep employees safe.

3- Having Fire Safety Equipment

Fire safety equipment can help to reduce the risk of a fire breaking out. Any facility must have fire detection and suppression equipment in place and incorporated into the fire safety plan. Employers must ensure that their workplace has the proper fire safety equipment depending on the work environment requirements.

This equipment includes the following:

- Fire suppression systems
- Smoke alarms
- Fire extinguishers
- Fire exit signs and lighting
- Fire escape ladders

4- Provide Fire Safety Training

Employers should ensure that their employees receive appropriate training on fire safety procedures and evacuation plans they need to follow if a fire breaks out, according to OSHA, employees should be aware of the following:

- An understanding of the fire hazards and potential ignition sources.
- Emergency procedures
- Fire drills.
- How to use fire extinguishers.
- Emergency exits.

So they can maintain their surroundings and themselves safe.

5- Observe Fire Prone Areas

Some areas in the workplace are more fire prone than others, these areas should be viewed as a higher risk, such as the cooking area, electrical storage rooms and Laboratories, so the staff must use extra caution in these areas, which include:

- unplug any electrical equipment or appliances when not in use.
- Ensure proper storage of flammable materials.
- Instruct the staff on fire prevention and response protocol.

6- Maintain good housekeeping

To eliminate fire hazards at the workplace, keep it clean and tidy, especially clean of oil and dust. Clean up the waste paper and other combustibles and flammable waste. Empty trash frequently enough to prohibit any buildup of it. Ensure to clear any clutter from corridors, stairs and fire exits.



HEAT STRESS

Heat stress at work occurs when physical activity, high temperature and humidity become stronger and higher than your body's natural cooling system! Which may cause cramps or fainting or heat stroke.

Basically, companies and business owners should try to provide a suitable environment for workers and a suitable temperature, but sometimes it is only available to work at high temperatures and under unsuitable conditions, so companies must have ways to protect their workers and reduce the effects that may cause heat stress.

There are several ways to ensure that workers remain safe from heat stress. Training workers to recognize the symptoms of heat stress in their co-workers, in themselves and understand how to act, should be a priority.

Signs of heat stress:

- Lightheadedness
- Excessive sweating
- Fatigue
- Dizziness
- Trouble focusing
- Blurry vision

High temperature effects:

1- Physiological effects

Lack of effectiveness, irritability and anger.

2- Effects that bring disease

Thermal shock:

A sudden rise in relative humidity or a sudden rise in temperature leads to a failure of thermoregulation in the body, which causes a lack of heat exchange through evaporation (by sweating) and circulatory disorders.

Heat stress:

When working in high temperatures for long periods, a state of body collapse occurs, known as heat stress, as a result of increased blood vessel expansion, decreased circulation efficiency, decreased blood pressure, decreased cardiac activity, decreased blood flow to the kidneys, and an increase in the proportion of salts in the blood.

Heat cramps:

When working in atmospheres with high temperatures and low relative humidity, sweating increases, which leads to the body losing large amounts of salt, especially NaCl, and this causes involuntary muscle contractions, also causes water on the eyes, increased heart rate, burns in the skin, sunstroke. Heat stress can lead to heat stroke, heat stress, heart attacks, and many other side effects to physical health, plus it can also hurt earnings through disability costs, lost productivity, penalties and fines. Heat stress is not only limited to being in the sun, but heat stress can also occur inside offices and indoor and air-conditioned spaces! Because it originally happens when your body can't release this heat and this may happen due to the type of clothes you wear or the nature of the physical effort you are making.

Heat stress protection methods:

Hydrate: Before activity starts workers should drink up to 16 ounces of fluid.

Then drink 8 ounces every 20 minutes while working.

Adapt to the heat gradually: For new workers, there should be a 20 percent increase of time in the heat for each day. Workers already used to these conditions can increase exposure slightly faster, but 4 days out of the heat means re-acclimation will be needed.

Drink flavored water: Plain water does not quench thirst as much as flavored water. Workers are more likely to consume a larger amount of water when it is flavored.

Don't wear a hat: It reduces the amount of heat expelled through the head. Workers who are operating in direct sunlight should wear a visor instead.

Wear your Personal Protective Equipment no matter what the temperature. If workers find it uncomfortable they should take frequent breaks. They won't be protected from other hazards if they remove their PPE.

Wear synthetics loose and thin fabrics. Fabrics like cotton absorb sweat, causing less heat to expel from the body. Loose and thin synthetic fabrics will keep the skin cool, aiding the bodies efforts in cooling.

Provide good ventilation in the workplace: moving air has a cooling effect.

Insulation of heat sources: by insulating hot pipes.

Block heat sources to control radiant heat and prevent contact burns.

Provide cold shelters: where workers can escape from the heat.

Providing easy access to drinking water: Or the project to provide frequent breaks and job rotations that are equivalent to body fluids.

Provide frequent breaks and job rotations.

Provide appropriate clothing for use in the hot work environment, and consideration must be given to other workplace risks.





Prevention is always better than cure, and clots are a serious health condition that may affect a person, and although you cannot treat clots on your own, you are able to protect yourself and discover the symptoms of a clot to treat it early. Blood clots are masses of blood that vary in size from one mass to another, and they usually form inside the body,

and it must be noted the importance of this clot occurring in the body, especially in the event of excessive and severe bleeding due to a wound or scratch, but in many cases from these blood clots can cause many health problems and fatal, because they may block blood flow to important areas and parts of the body.

WHAT ARE THE WAYS TO PREVENT CLOTS?

1- CONTINUOUS MOVEMENT

The lack of movement and the frequent sitting for long periods help in the stagnation of blood and increase the chance of clots, so it is important for the person to remain in a state of continuous daily movement, and this does not mean practicing harsh physical activity, but rather it is sufficient for him to walk for half an hour a day to achieve the purpose, and it is also recommended to walk for the pregnant woman as well. Because hormonal changes may be a cause of clot formation. It is also important to stop during your travels if the travel period exceeds four hours and move your body and walk, and if you are traveling by plane, you can raise your knee and hold it to your chest for a few seconds and repeat this several times during your travel period.

2- WEIGHT LOSS

Maintaining a normal weight is very important because excess weight puts pressure on the blood vessels, which can cause clots. Drinking water also helps prevent clots because it protects you from dehydration.

3- OBSERVE THE SYMPTOMS OF THROMBOSIS

There are some symptoms that may indicate a chance of a stroke, including:

- Swelling and redness
- Increased heart rate
- Chest pain
- Breathing problems
- Difficulty speaking
- Pain while breathing
- Numbness in the face or extremities



WHAT ARE THE SYMPTOMS OF A CLOT?

1- A FEELING OF DISCOMFORT IN THE CHEST AREA

This is one of the most important and most common symptoms of a clot in case of a blockage in the blood vessels that supply the heart muscle. You will feel tightness and pressure in your chest and discomfort. This feeling usually occurs when you are relaxing or doing physical activity and lasts for several minutes.



2- PAIN EXTENDING TO THE ARM

This is also a well-known symptom of thrombosis, which is pain that starts from the chest and extends to the arm, and sometimes it does not start from the chest and is confined to the arm only.

3- PAIN IN THE JAW AND THROAT

Here he does not mean ordinary jaw or throat pain, but rather that which is accompanied by chest pain that extends to the mouth and head, in which case you should seek emergency medical help immediately.

4- FEELING TIRED EASILY

If you notice that you get tired easily, especially if you do routine activities that weren't making you tired, such as; Climbing the stairs, see your doctor immediately, in many cases this is a sign of heart disease, especially in women.

5- FEELING DIZZY

There are many reasons why you may feel dizzy, lightheaded, or even faint, but if you suddenly feel these symptoms for no reason, it indicates a danger. These symptoms may be indicative of a heart attack, especially if they are accompanied by a feeling of discomfort in the chest and shortness of breath, and this is due to low blood pressure resulting from the heart muscle not working properly.

WHAT ARE THE TYPES OF CLOTS?

- Stroke - Heart attack - Foot clot - Lung clot - Arterial thrombosis - Venous thrombosis

STROKE

It is one of the most dangerous types of clots that require immediate intervention and action, so it is important to know their symptoms and seek medical help as soon as they are noticed.

A stroke occurs when there is bleeding in the brain or when the path of blood flowing to the brain is blocked.

After a few minutes of being deprived of essential nutrients, brain cells begin to die.

Immediate medical help should be sought. Stroke is a medical emergency.

The sooner treatment is given, the more likely it is that the damage will be minimized. Every passing moment counts.

Indications that indicate a stroke:

- 1- The face. Does the face droop on the side the person is trying to smile from?
- 2- arm. Is one arm lower than the other when a person tries to raise them together?
- 3- The conversation. Can a person repeat a simple sentence? Does he stutter and difficult to understand?
- 4- Weakness or numbness on one side of the body, such as any of the legs
- 5- Cataracts, blurry vision, or loss of vision, especially in one eye
- 6- Unexpected severe headache for no apparent reason
- 7- Unexplained dizziness, unsteadiness, or sudden fall, especially if this is accompanied by other signs or symptoms.
- 8-time. Every minute counts in stroke cases. If you notice any signs, call your local emergency number immediately.

HEART ATTACK

A heart attack usually causes chest pain that lasts more than 15 minutes. Some sufferers experience mild chest pain, while others experience more severe chest pain.

The patient usually describes feeling uncomfortable and feeling pressure or heaviness in his chest, although some patients do not feel any pain or pressure in the chest at all. In women, heart attack symptoms are often not clear. It may appear as a feeling of nausea or pain in the back or jaw area.

WHAT DO YOU DO IF YOU OR SOMEONE ELSE HAS A HEART ATTACK?

- 1- Call the emergency number immediately, do not ignore the symptoms of a heart attack. If you can't call an ambulance, ask a neighbor or friend to take you to the nearest hospital. Don't drive yourself unless you have no other options, because your condition may worsen, putting yourself and others at risk.
2. Chew and then swallow the aspirin while you wait for emergency help. Aspirin helps prevent your blood from clotting. And when taken during a heart attack, it can reduce the risk of heart failure. Don't take aspirin if you're allergic to it, or your doctor has told you not to take aspirin at all.
- 3- Take nitroglycerin, if it has been prescribed to you. If you think you're having a heart attack and your doctor has previously prescribed nitroglycerin, take it as directed while you wait for emergency medical help.
- 4- Initiate CPR if the person is unconscious. If the person is not breathing or their heart is not beating, then begin CPR to maintain blood flow after seeking emergency medical help

Press firmly and quickly into the middle of the person's chest with relatively rapid, regular strokes, about 100 to 120 compressions per minute.





Agricultural Waste

The increasing growth of the world's population has increased the demand for agricultural production to meet the rising necessity of food production for human population, industrial needs, and animal feed.

According to FAO, agricultural production in the last five decades has increased more than three times, and the organization also estimates that agriculture produces about 24 million tons of food globally.

And of course, technological advancements in agriculture have significantly contributed to the increase in soil expansion and agricultural production in the world. But agriculture can have a negative impact on the environment, aquatic lives and human health due to the large quantities of waste output from it and the improper way of handling it.

What is Agricultural Waste?

It is known as waste produced as a result of various agricultural activities that are directly related to the growing of crops or raising of animals, such as manure, harvest waste, wastes from farms, poultry houses and slaughterhouses, oil, silage plastics, pesticides and herbicides.

What are the Types of Agricultural Waste?

Agricultural waste is not only limited to the process of agriculture production, but also there are other activities associated with agriculture and the food chain, and every phase of the agricultural-food chain produce various agricultural solid waste.

Agricultural solid wastes are grouped as follows:

- **Crop production solid wastes:** are typically produced from agricultural operation, including crop cultivation, such as residues and husks.

- **Animal production solid wastes:** are created from livestock raising for any purpose, such as bedding/litter, animal carcasses, damaged feeders, and water troughs.

- **Industrial agricultural solid wastes:** it is produced by using agricultural products as a raw material in industrial production, such as paper production, Wood processing and cuttings.

- **Food and meat processing solid wastes:** are generated at facilities that process agricultural or animal products for human consumption, such as slaughterhouses. Examples of these solid wastes include hoofs, bones, and feathers.

-On-farm medical solid wastes: are caused by the use of medications, pesticides, or vaccinations on animals. Vaccine wrappers or containers, disposable needles and other similar wastes are examples.

- Chemical wastes: are produced as a result of the usage of pesticides, insecticides, and herbicides on the farm or at the market, such as pesticide containers or bottles.

How does Agricultural Solid Waste Affect The Environment?

Agricultural waste poses a huge problem; it can distinctly harm the environment if not properly disposed of. In many cases, agricultural solid waste is disposed of in the same ways as regular waste, by sending it to landfills or incinerators, which cause soil and air pollution as landfills release gases that flow through the soil and incinerators emit greenhouse gases.

According to FAO, Agriculture is responsible for around 21% of greenhouse gas emissions.

In addition to the dangers of landfills and incineration, chemicals used in farming can pollute the environment if they end up in the wrong places. For example, Pesticides that help crops grow can cause massive pollution in rivers; and polluted water harms the environment, causes animal deaths, and contaminates drinking water.

How Can Agricultural Waste Be Efficiently Managed?

There are many methods of agricultural waste disposal, some of them harm the environment, such as landfills, incineration and sea dumping, and others are eco-friendly, such as recycling and reusing the waste as animal feed and organic composting. So, it is important to apply the proper methods to manage agricultural waste to reduce pollution and protect the environment by turning it into an energy resource or eco-friendly product.

An Example Of Agricultural Waste Recycling

Enactus Aswan University is a student activity that aim to transform opportunities into real, sustainable progress for the team and their communities through entrepreneurial projects. Enactus Aswan university team has worked on a project that aim to convert agricultural waste into a useful material. The project is turning sugar cane waste into an Active Carbon.

The story began when the team noticed the dangers of burning sugar cane waste in Kom Ombo city, which has impacted people's health, causing many diseases such as chest allergies and breathing problems, fevers in children, and environmental issues such as soil pollution and increased levels of toxic chemicals and pollutants in the air such as carbon monoxide. So, the team began to think about how to manage sugar cane waste without any influence on the environment, and from here, they have started working on the problem, the first step was collecting sugar cane waste, and with the help of farmers, they have succeeded collect more than two tons of sugar cane waste from different areas around Kom Ombo town. Then they have burned the sugar cane waste through the anaerobic burning process, which doesn't have any negative effect on the environment in an oven without oxygen and as a result of this process, carbon has been generated, but inactive yet.

The next step was to figure out how to convert the created carbon into active carbon, and after doing research and tests in the university lab, they discovered two approaches, the chemical method and the physical method, and they successfully produced active carbon by applying the methods. Active carbon is a very expensive material; its ton costs USD 1500, which is not produced in Egypt, and so it is imported. Egypt consumes approximately 6000 tons per month. It is used in many industries such as medicine, cosmetics and water purification.

Enactus Aswan university's team has successfully managed the agricultural waste and protected the environment from the improper way of sugar cane waste disposal.



Men's Psychological Needs (Encouragement)

The fourth of man's psychological needs is "encouragement", and encouragement means praise for an action a man does before starting it or while doing it. As we always see in football matches, before the scorer hits the ball towards the goal, the shouts of cheer rise in the stands, and before reaching the finish line in the marathon, the shouts of encouragement rise so that the player who got tired and exhausted can draw strength, complete the marathon and win!

So, the main purpose of encouragement is: getting the work done to the end and wanting to do it again.

Likewise, a man needs encouragement as a basic psychological need. A man by his nature has many dreams and desires that he wants to achieve and accomplish, but he collides with obstructive walls most of the time, such as feeling tired and exhausted, or not having an incentive, or wanting to engage in another recreational work, or his mind is preoccupied with work pressures and others. And his failure to achieve what he wants and desires causes him a state of frustration and a feeling of failure and weakness because he is unable to accomplish and complete things to their end!

And here comes your role as a wife in encouragement so that the man can put all his energy into work and accomplish it and not give in to obstacles.

Encouragement comes in many forms. You can encourage him with words or looks. Let's take examples of this:

For example, if your husband returned from work exhausted and then volunteered to help your son with his studies, there is a moment when the man almost loses his temper or motivation to continue studying for the son, but if you pass by his side and look at him with a look of appreciation, it is as if you are saying, "I appreciate what you are doing and I am confident that you are able to continue studying for your son." The man will feel excited to continue his studies for his son, no matter how stressful and tiring it is. For example, if a man has a father and a mother who overburden him with their demands in addition to taking care of you and your children, and he comes back exhausted one day complaining of excessive fatigue and the work required of him, and you encourage him by saying, "I really know that this is a lot of work and tiring, but you are smart and strong and you can balance and accomplish all this," this will make your husband able to continue. It will give him strength.

But remember that a man does not like sympathy like women. When women complain about their concerns, they want sympathy and words like "Oh dear! How do you do all this alone? I feel sad for you" and so on. But the man hates this and does not like it because it conveys to him a message that says, "Oh dear! you are very weak and unable to balance all these actions at once, I pity you!" This backfires with the man and makes him angry.

But he wants to hear from you when he complains, "You're strong and you can do this."

Encouragement is what gives a man strength and what he's looking for from you.

What is the effect of encouragement on men?

The effect of encouragement on a man is that he continues what he is doing and wants to repeat it again until he gets the encouragement and the beautiful feelings that he felt in the first time!

One of them says: One time I needed a lot of shopping stuff and asked my son to go to buy them. They were many stuff and from different places, so my son felt bored and was very heavy for him to go to shop, especially since he had an appointment with his friend, but he had to postpone it to go and shop for me. Before he left the house fidgety, I decided to give encouragement to see the results, so I said to my son, "I am so lucky to have you, the day has come when I stay at home and you go to shop." I couldn't believe how those words of encouragement affected him, as he spent two hours buying orders. And he came home with everything I asked for, and he was so happy!

And the next day he heard me telling his brothers that I was going to buy something, and I found him hurrying to say, "Mama, if you need me to go, I have no problem!"

This was a really nice gesture.

The man who needs encouragement is not only your husband, but every man from your kin, your son, your brother, your father and your husband, all of them will be affected by encouragement.

And believe me, this will make you the owner of your husband's heart.

This was the end of the series of psychological needs of a man, hoping that it will be fruitful and useful to you and an influential station in improving your relationship with your husband.





"Trabzon"
A Heaven On Earth!

It is the Switzerland of Turkey, the perfect destination for most Arabs who want to see heaven on earth! Stunning nature, enchanting springs, the most amazing view of the Black Sea, green highlands and mountains, all of this is in one place! The city of Trabzon in Turkey was called the "Pearl of the Black Sea" and it is about 1069 km away from Istanbul.

The city of Trabzon has a warm climate in summer, and humid and cold in winter, and rain and snow usually abound in the region, and it is a tourist city in the first place and its economy depends entirely on tourists Arabs and foreigners, as well as the city of Rize, which exports tea to all countries of the world!

If you are thinking of a different place to travel to next time, come with us to see the most beautiful tourist places in the charming Trabzon!



Uzungol Lake

About 99 km from the center of Trabzon, and named after the town of Uzungol, Uzungol Lake is very charming in the summer, where you can enjoy looking at the large pure lake in harmony with the mountains and green heights surrounding

it and the townhouses with a distinctive shape, as well as boating in the lake!

For a more unique experience, you can try the Uzungol swing, which overlooks the whole town and lake from one of the heights!

It is a very special experience in which you will feel like a free bird that can fly in the sky and see the beauty of the town and the lake from a very high point.



Sumela Monastery

It is a magnificent archaeological monastery built on the cliff of the mountain in a strange and unique way, with a charming view! Sumela Monastery is 48 km from Trabzon city center and is located at an altitude of 1200 meters. It overlooks wonderfully the Macka area, and the monastery consists of five floors with 72 antique rooms, including a library and a water canal.

The monastery is distinguished by its Ottoman architecture.

Haider Nabi Heights

A verse of beauty, 1600 meters above sea level and characterized by beautiful nature! It is about 55 km from Trabzon city center. Where fog, rain, green pastures, meadows, springs, and lakes touch the clouds, in a view that takes the minds and enchants the eyes! You can also visit the Fish Lake, which is the most beautiful lake in this plateau, in addition to restaurants and cafes, through which you can see the clouds touching the tops of the mountains.



Sultan Murad Heights

Sultan Murad Heights is 106 km from Trabzon city center and only 38 km from Uzungol Lake, so it is an excellent choice to visit both on the same day. These heights are characterized by their charming views of the mountains and clouds, and they wear the green dress for everything in them in the summer, while they are covered with snow in the winter in a wonderful view.



Hagia Sophia Mosque

The Hagia Sophia Mosque is not only found in Istanbul, but there are 9 Hagia Sophia mosques all over Turkey, and there is one in Trabzon.

The Hagia Sophia Mosque was built in Trabzon in 1238 AD as a symbol of the conquest of Trabzon.

The mosque was initially a church before it was turned into a museum.

Then it turned into a mosque named Hagia Sophia, which means divine wisdom, as its basic structure is one of the most beautiful examples of ancient Byzantine churches.



Trabzon Square

It is located in the city center and is considered the main city center and is characterized by being a vital point, as it contains the most famous hotels, restaurants, cafes and hospitals of Trabzon, as well as several shops for the most famous Turkish and international brands.



Ataturk's Palace

Trabzon Palace was built by the Greek architect Constantine in the year 1903 AD. It is located 5 km from the center of the city of Trabzon.

The palace consists of 3 floors.

It was also called Ataturk's Palace, because the royal family gave it to Ataturk when he visited him.

It is distinguished by its beautiful construction and green gardens, and it was converted into a museum at the beginning of the twentieth century.



Ayder Village

A village that reflects the splendor of the countryside in Trabzon, where it is characterized by its scenic views like the rest of Trabzon, but we add to the village of Ayder the presence of waterfalls and dense forests, and what distinguishes this village from others is the presence of hot water baths and enjoying the therapeutic properties in the sulfur springs in Ayder with recreational and therapeutic properties, and tourists can enjoy the practice of kayaking in the river between the village of Ayder and the city of Trabzon.



Of course, Trabzon still has other amazing tourist places! It is really charming and wonderful. We advise you to visit it in the spring and summer when it is at the height of its elegance and beauty. In the winter, it is filled with snow and rainy weather prevails most of the year.

DON'T PUT YOUR MOBILE PHONE IN THESE PLACES

Cell phones have become essential devices in our daily lives, and I don't think that there is a person today who does not own and use a cell phone.

Some parents even buy smartphones for their kids! It is the technology of the modern age that is present in every home and in every hand. But mobile phones, as useful and important as they are, have great health risks as they emit harmful radiation by sending and receiving a type of radiation called EMF, or electromagnetic radiation.

The phone is not just a source of this radiation only, but in fact it is several sources, Wi-Fi, Bluetooth, GPS and all of the above are different sources of electromagnetic radiation emitted by your phone when it is turned on.

Therefore, you should not bring your phone close to your body so as not to be exposed to these radiations too much, and you should also keep it as far away from you as possible when you are not using it.

Pay attention now to these precious tips and apply them immediately, do not put your mobile phone in the following places:



1- Do not charge your phone on the bed

Put your phone away from you at Bedtime or on the floor especially if you are going to charge it, and never charge it on your side of the bed, sleeping next to your phone exposes you to about 8 hours of exposure to radiation from the phone unnecessarily! The lower the phone battery, the more radiation is emitted.

2- Do not go to the bathroom with the phone

It is true that it is a great entertainment factor while you are in the rest room but entering the bathroom with a mobile phone makes it vulnerable to bacteria settlement on its surface, and germs in the air can come into contact with your phone! Thus, your phone turns into a contaminated surface that you move everywhere on, and it can transfer germs from place to place and put you and your family at risk.

3- Do not let it touch your skin

You will undoubtedly receive calls and you will need to answer them and place the phone against your face, but you need to leave a distance of at least 1.5 centimeters between you and the phone to prevent the transfer of bacteria from the surface of the phone to your skin, which causes skin problems such as acne.

You can also rely on wired or wireless headphones to answer phone calls so that you avoid any contact between your face and the phone as much as possible.

4- Do not put your phone under the pillow

We said earlier that you do not sleep with your phone next to you, but many young people use their phone as an alarm clock and put the phone under the pillow at bedtime, and this is of course disastrous, because it emits radiation to your head all the time you sleep and with time you will suffer a lot of headaches and nausea.

The danger does not depend on this only, but many mobile phones begin to heat up under the pillow, which leads to its explosion! Can you imagine a cell phone exploding under your pillow? Please don't think too much and stop this habit immediately!

As for the alarm clock, you can replace it with regular traditional alarms or use your phone as an alarm but while you put it completely away from you in flight mode.

5- Do not put your phone near children

Many mothers put their phones in strollers, or near their infants, and this is of course dangerous because exposure to electromagnetic waves leads to behavioral problems in preschool age.

6- Never put your phone in your front pocket

Men usually do not carry handbags for their phones, so the only place to carry them is in their pockets, especially front pockets, but this can cause male health problems, due to electromagnetic radiation. A recent study also revealed an association between exposure to mobile phone radiation, the level of DNA fragmentation, and decreased sperm motility.

So, how do I avoid phone radiation at bedtime?

-Stop using the phone at least an hour before bed, to prepare yourself to sleep calmly and deeply without being affected by the blue light of the phone, which deludes the body that we are still in the day and thus may cause insomnia or at least rob you of a deep, calm sleep.

-Put your phone as far away from you as possible, and it is best to put it in another room when you sleep.

-Put your phone on airplane mode at bedtime as this completely prevents the phone from harmful electromagnetic radiation emissions.

-Turn your phone into night mode. This changes the screen color to significantly reduce blue light emissions from your phone.

-Do not use your phone to make or receive calls when the battery is very low, the radiation emitted by the phone is higher at this time and use it only when the battery is full.

Follow these tips gradually until you get used to them and remember that your health is the most important and not the few minutes you look at your phone before bed and put it to your side! What you sow today, you will reap tomorrow.. Either health and comfort or fatigue and regret.

The One-Minute Cake!

We all love to eat cake and love the smell of the house on the day the cake is baked but making cake can be stressful for some people and take a lot of time!

And it won't be possible every time we crave something sweet to make cake in the oven with a lot of steps and waiting time!

Don't worry, from today no more effort and waiting. You will eat the cake you love quickly because it will be ready in just 1 minute!! And without an oven too!

Get ready and make sure you have the ingredients and make it now.

Vanilla Cake

The Ingredients:

- 1- Three tablespoons of milk
- 3- two tablespoons of sugar
- 5- a sprinkle of vanilla
- 7- strawberries

- 2- one tablespoon of vegetable oil
- 4- Four tablespoons of flour
- 6- ½ teaspoon of baking powder



Vanilla Cake

Method:

- In a mug or an oven dish, put the milk, oil, and sugar and stir, then add the flour, vanilla and baking powder and stir well until you get the consistency of the cake, now add the flavor you like, you can add nuts or pieces of fruit, we have added strawberry pieces.
 - Stir it well and put it in the microwave for one minute or one and a half minutes if the plate or mug is large.
 - Take it out of the microwave and decorate it with cream and a strawberry slice in the middle!
 - Delicious, tasty and very fast!
 - In the same way, you can make cake with any flavor you want, you can make cake with Oreo biscuits, lotus butter or red velvet.
- There is no limit to the ideas you can come up with in making this one-minute cake.



Chocolate Cake

The Ingredients:

- 1- Four tablespoons of flour
- 2- two tablespoons of raw cocoa
- 3- two tablespoons of sugar
- 4- ½ teaspoon of baking powder
- 5- Three tablespoons of milk
- 6- tablespoon of vegetable oil
- 7- Pinch of Nescafe and a pinch of vanilla (optional)

Chocolate Cake

Method:

- Mix the dry ingredients (flour, cocoa, sugar and baking powder) in an oven dish or microwave mug, when the dry ingredients are homogeneous, add the milk and oil.
 - You can also add a pinch of Nescafe and a pinch of vanilla if you like to add a distinct flavor, or you can omit them.
 - Mix the mixture well until you get the texture of a cake.
 - Put the mug or oven dish in the microwave for one minute. If the mug or dish is large, you can add another half minute to level.
 - Do not leave it for two or three minutes, so as not to spoil the texture of the cake and become rubbery and bad, the proper leveling is the secret of this cake.
- You can decorate the cake with any chocolate sauce you like, either by melting ready-made chocolate with some butter, or you can add cocoa to sweetened condensed milk and mix it well until you get the consistency of chocolate sauce.



This is how you will have a delicious and quick to prepare chocolate cake, very suitable for surprise visits or for late hunger.

ENCOURAGE YOUR CHILD TO EAT MORE VEGETABLES



We all know that eating vegetables and fruits is very important for our kids. Most parents realize that veggies should be a main part of their children's diet since they include vital nutrients such as minerals, vitamins, fibers, antioxidants, and water that are essential for their health and building their little bodies.

They also provide your child with energy in their daily activities and help protect him against chronic diseases later in life, including heart disease, stroke and some cancers.

Children should eat anywhere from 1-3 cups of vegetables every day. According to guidelines of CDC, it is recommended that children aged:

- 1-2 years should have 2-3 serves of vegetables each day.
- 2-3 years should have 2½ serves of vegetables each day.
- 4-8 years should have 4½ serves of vegetables each day.

Many parents struggle with getting their children to eat more vegetables, but it is important to keep trying and encouraging them. In this article, we will offer you some tips to help you get your child excited about vegetables.

- Eat more vegetables yourself

Because your child learns about food choices from you and most likely wants to behave like you, so the best way to encourage your child to eat vegetables is by setting a good example, let your child see you eating vegetables.

- Offer vegetables regularly

Make sure to offer vegetables with every meal daily in various forms; for example, offer vegetables as a main dish with rice, as a side dish like a salad, or you can serve it to your child as a snack.

- Let your child involved in choosing vegetables

Children enjoy making decisions and feeling in charge, so use this to involve your child in choosing vegetables.

For example, go shopping with your child and let him choose vegetables, or ask him how he wants his vegetables served.

- Serve vegetables that your child likes

It is normal for children to prefer certain vegetables over others; for example, some children enjoy sweet vegetables like carrots, while others prefer crunchy textures like cucumbers.

So, to encourage your child to eat more veggies, serve him the vegetables he enjoys.

- Incorporate vegetables into your child's favorite dish

Mix vegetables into dishes your kids already like.

For example, you can add grated vegetable like carrots and onions to pasta sauce and soups, or you can add some vegetables like spinach and green pepper in pizza.

- Limit unhealthy snacks

We know that all children want eat snacks like chips and candies most of the time, but if you can limit these kinds of snacks and replace them with vegetables in your home, your child will be more likely to choose vegetables when they are hungry.

For example, you can offer vegetable sticks with sauce and dips such as Greek yoghurt, hummus or salad dressing to encourage your child to try new vegetables.

- Involve your child in vegetable cooking

Your child is more likely to want to eat the vegetables that he has helped to prepare them, so let your child help you in cooking meals with vegetables.

For example, allow him to wash the vegetables or ask him to chop the vegetables and prepare the salad.

Also, ensure that he can safely handle sharper kitchen tools.

- Make vegetables display appealing

Make sure to offer vegetables in a variety of colors and shapes, and add some fun to the presentation by creating food art with vegetables to create different shapes, that will attract your child to eat more vegetables.

- Praise your child

Children like to be praised. Use praise when your child eats or tries vegetables that will probably encourage him to eat vegetables again.

For example, you can say, "I liked how you enjoyed eating your peas and carrots".

Be patient and try many times to encourage your child to eat vegetables by using these various ways.

Never punish your child for not eating vegetables, as this may turn vegetables into a negative thing for your child. Just keep trying.





Anas' secret talent





The school announced the drawing competition to all Benban Primary Schools, and the winners of the first three places will receive valuable financial prizes! The competition theme is (beauty), and those who wish to participate must register their name in the break.

The break bell rang and all the students started talking about the competition, especially the girls. As for the boys, they used to laugh and say that it is a girly competition and boys will never participate!

Hassan: I don't understand why financial prizes are allocated to a drawing competition? It's a trivial competition for girls only, where are the football and karate competitions?!

Hassan, Anas and Sameh went to the school playground while Salma stayed in the class thinking about her drawing because she decided to participate in the competition.





Sameh: Why do you think the drawing competition is trivial? It's a talent like any other talent.

Hassan: No! we are men! Men become engineers, doctors, or even carpenters, not painters. Drawing is only for girls!

Sameh: I understand, Dad used to tell me that too, but I'm not really good at drawing and I don't like it.

Hassan: Yes, me too, but Laila is the one who loves to draw and paint, imagine that we paint? People will laugh at us.

Anas was sitting silent all the time, his face worried and uncomfortable.



At the end of the day, Hassan and Sameh went home together, but Anas told them that he would be a little late because he needed to get a book from the library. Anas left the classroom nervous, and entered the drawing room, which contains all the colors and tools used for drawing.

There was no one in the room and there was an unfinished painting, it was clear that someone was drawing in it and suddenly stopped. Anas looked at the painting and felt excited, and he only felt himself drawing and completing this painting!

Suddenly the room door opened and Salma entered and was surprised!

Salma: Anas? What are you doing with my painting?

Salma saw how Anas completely changed her painting and turned it into a masterpiece!

Salma: Wow! you drew this, Anas? You are amazing!! You must participate in the competition you will definitely win first place!

Anas: No, no, I can't, I'm a man and..

Salma was very angry and said: I did not expect this from you, Anas! You are always sane and smart! it is not possible that you will follow Hassan's and other boys' words!

Anas: But even Dad forbade me from drawing and said that I must be good at my studies and leave drawing for girls..

Salma: Drawing is not for girls.. Drawing is a talent; it doesn't matter if it is a boy or a girl.. the important thing is to do the thing you love! And you love to draw!

Anas fell silent and decided to think about Salma's words.





The next day at school, Anas entered the classroom happy and said in a loud voice that he would participate in the drawing competition!

Salma was very happy, but Hassan was surprised and said sarcastically:

Impossible! Who would have expected you to paint, Anas!

Anas confidently replied: I could not expect anything less from myself, because I always defeat you in football, and I also had a talent that you did not have.

Hassan was stunned by the strength of Anas' response and said: It's okay, any way I support you in anything you want.

Hassan and Anas smiled at each other, and Anas' decision to participate made other boys decide that they would participate after they were afraid of someone making fun of them.



Anas and Salma spent time together thinking about what to draw and helping each other, because the important thing for them was not winning, but doing something they love.

Anas learned that there is no conflict between drawing and academic excellence, and that people's words are not important, the important thing is that you do something you love and satisfied with.

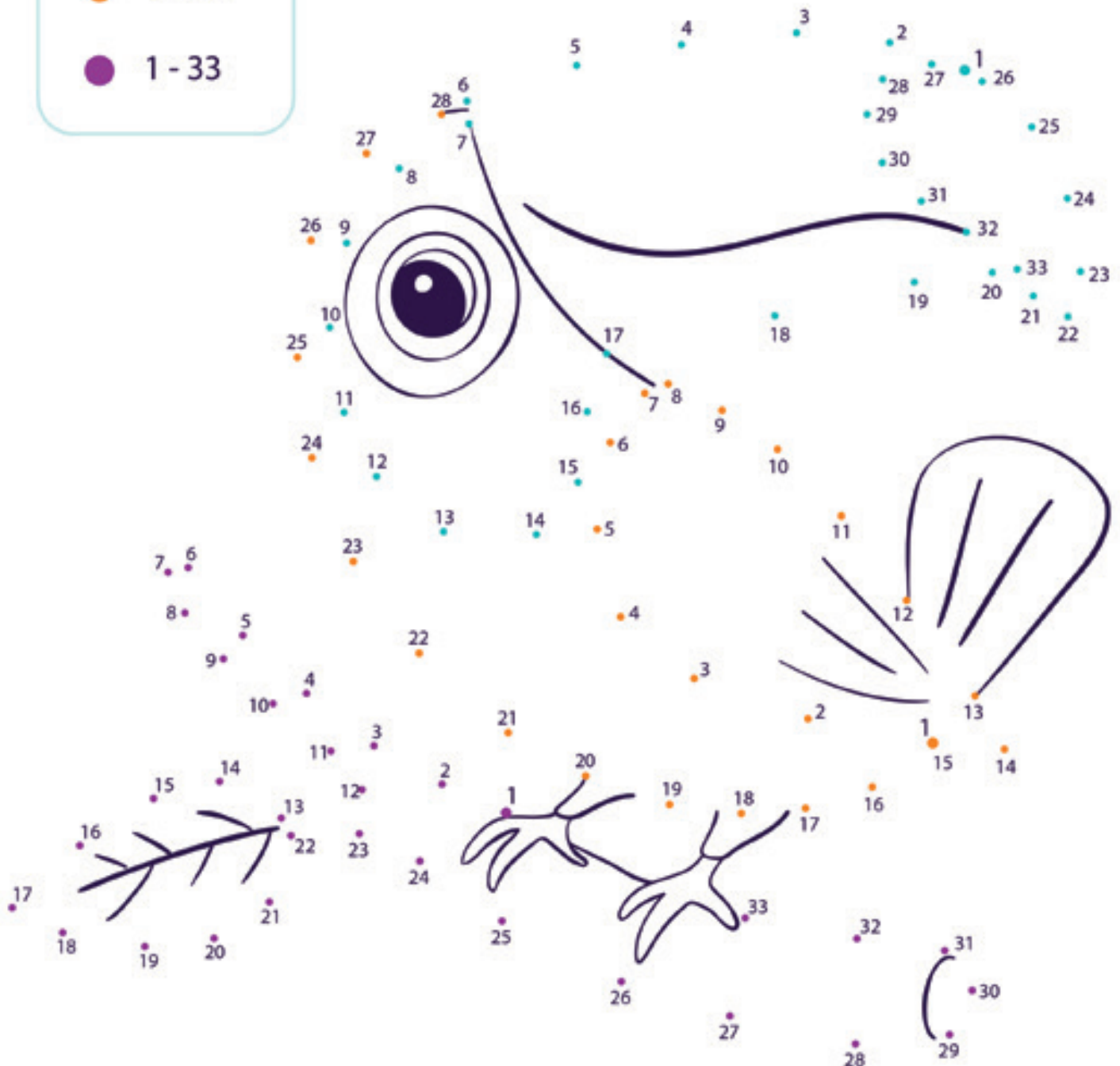


DOT TO DOT & COLOR

● 1 - 33

● 1 - 28

● 1 - 33



HEALTH & SAFETY HOME

☎ +02 377 400 02

🌐 www.healthsafetyhome.com

@ info@healthsafetyhome.com



FMC GRIEVANCE HOTLINE

☎ +02 011 0254 5313

FMC EMERGENCY

☎ +02 011 0259 9303

☎ +02 011 0249 9313

