

Al-Osrah

Magazine



Issue 32

Since 1973

2021



Tank 925v7 R.R.



Executive Vice Chairman Word

Welcome to the year 2021. Hopefully a year full of success and accomplishments.

2020 is now past, no doubt it was full of tough times, great challenges and hard efforts in all aspects, we all know that last year was a difficult year for all business sectors worldwide and the global economical circumstances due to Corona Covid-19.

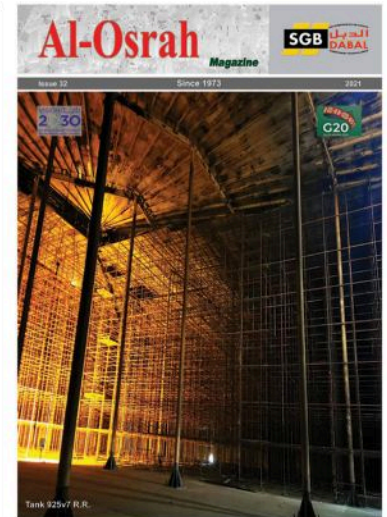
I'm glad to announce that SGB Al-Dabal closed 2020 with satisfactory results by achieving all forecasted targets.

Obviously this couldn't have been achieved without our team's excellent performance, hard work and the overall management support.

Once again, thank you for your commitment to maintain providing the highest level of safety, quality with excellent customer service and also my sincere thanks to all of our business associates who are really our success partners.

Wishing everyone all the best in 2021.

Adel K. Al-Dabal



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President & Vice President

As you are all aware, 2020 has been a very extraordinary year for the whole world.

We at SGB Al Dabal have focused since day one of the pandemic on the health & safety of our employees, the clients and kept it as our top priority.

You will read in this issue about all the precaution measures that our company took in order to keep you safe and be ready at any given time should any health issue cases arise.

"Special thanks go to the members of our internal pandemic committee that was formed immediately after the issue was raised by the government.

We have also focused on how to ensure that our services and coverage for our clients will not be effected which took a lot of adjustments and pre-planning to ensure that we are very flexible to modify and change plans overnight to meet our clients expectations.

Although there was many areas that were totally closed like our factory where no one from the 2nd Industrial Area could go in or come out during limited hours, our deliveries were rescheduled and redirected to other location as we managed to carry on with all of our commitments with no delay.

Additionally SGB Al Dabal took many management decisions to ensure that the main priority and focus will be supporting its employees even those who were out of the Kingdom.

Special thanks to all the clients who trusted and belived in SGB Al Dabal.

Also I would like to thank all of our suppliers who backed us up with all of our needs.

And finally to SGB Al Dabal Team, I can't thank you enough for all the hard work, loyalty and dedication that you have put all the way through.



Emad K. Al-Dabal
President

Last year was one of the toughest years not only for us as humans but also for businesses because of covid virus which changed our life style due to the danger of the pandemic. Businesses were shut down and people were locked down in their own houses.

Governments around the world spent most of their budget on the virus rather than focusing on developing their countries. We were very lucky that our government took a great measure of the whole situation which helped to minimize the effect of pandemic.

The higher management of our company made things very clear from day one that the health of all employees and their families comes first.

Personally I would like to thank the management for their concerns about all employees and their families and also I would like to salute the team of our contracts division who worked very hard under harsh circumstances to sustain enough income to carry us through the whole year.

Hoping that next year will be healthier and better to all of us.

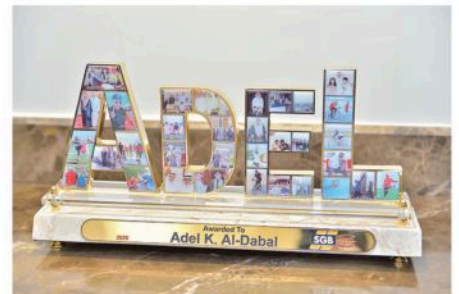


Yousef K. Al-Dabal
Vice President

Board Members Celebration



On the 2nd of September 2020, SGB Al-Dabal Board of Directors headed by Mr. Abdulrahman K. Al-Dabal the Chairman and on behalf of all company team members have celebrated the 35th years service anniversary of Mr. Adel Al-Dabal, Director & Executive Vice Chairman of SGB Al-Dabal.



The occasion was held in Khobar, a special made memorable video was prepared, all board members have watched Mr. Adel's achievements throughout his years of leadership. Honouring speeches were delivered, memorable gift items were distributed and group photos were taken.

In a wonderful night, all participants have wished him every success in his future.



Board Members Celebration



In September 2020, the company chairman and all members of SGB Al-Dabal Board of Directors have gathered to celebrate the occasion of 15th year service anniversary of Mr. Khalid Al-Dabal, Business Development Manager, a video was displayed showing his history and achievements in the company.



All members have delivered speeches congratulating him and wishing him all the best in his career and personal life. Some memorable gifts were handed over to him in addition to group photos that were taken.



Human Resources

SGB Al-Dabal Strategy to face Corona (Covid-19) Pandemic



Reda F. Ali
SGB Al-Dabal - Head Office
Administration Manager

At the early start of 2020 and after the initial news about the outbreak of the Corona epidemic that appeared in China and then gradually spread to the rest of the world, SGB Al-Dabal Company management made all necessary arrangements to face the pandemic by strictly adhering to all the instructions and precautionary measures issued by the official authorities, such as Ministries of Health and Interior, all company team members have followed all the decisions issued by the management as follows:

- * Full adherence and compliance to all instructions and guidelines of the Ministry of health.
- * Full compliance to the instructions of the Ministry of Interior regarding curfew and any other decisions.
- * Obtaining the necessary permits for workers in the projects of Aramco and SABIC.
- * Distributing office work among groups of employees and adhering to safe distancing according to the instructions of the Ministry of Labor.
- * Providing a greater number of transportation means to be able to transport workers to work sites with maximum occupancy rate of 50% of the passengers.
- * Additional housing complexes to meet the demands of social distancing in the accommodations.
- * Providing an independent residential building designated for isolation in the event of any covid-19 cases or contacts.
- * Providing all offices, work sites and housing with all safety means and tools.
- * Health and security supervision and control around the clock.
- * Forming an independent committee to follow up on all new decisions and to constantly communicate with the official authorities upon request.
- * Ensure that the living conditions of all workers are adequate.
- * Continuous communication with all workers who were on leave, to confirm their health status and to continue providing support to them since the beginning of the pandemic until now.

Finance

Impact of COVID-19 Pandemic on Saudi Arabia



Munther S. Salameh
SGB Al-Dabal - Head Office
Finance Manager

In September 2019, the world was surprised with a deadly virus that jeopardize their lifestyle and economy in addition to their lives. For so long, the world has taken traveling and gathering for granted and never thought that they will go through such conditions again.

The pandemic has led many countries to take strict measures to prevent the virus breakthrough. As such, the government of Saudi Arabia with no exception. Saudi Arabia responded with a wide range of policy initiatives to mitigate economic impacts. The government was very active in communicating with the public through media awareness campaigns, increased the readiness of its labour support which undoubtedly had wide-ranging benefits for the economy's sustainability. The government has enforced the country's economy by supporting the small and medium businesses with 70 Billion SAR. This support took several forms such as Sanid program.

SGB Al-Dabal followed the kingdom lead and participated in supporting their employees, it has taken several actions in this regard and had decided to keep the employees who are stuck out of the kingdom on the payroll as a continues support to them.

The COVID-19 cases have dropped rapidly as a result of following the government instructions to keep the social distancing, wearing the face mask and to keep using the sanitizer.

Keep protecting yourself and your society and remember, safety is a choice and not a chance.

Business Development

2020 was a year full of obstacles and challenges. The entire world got effected by the covid-19 disease. SGB Al-Dabal team managed to deal with this pandemic in the best way possible.

Management chose to put the safety and health of our employees first, the company responded immediately facing the pandemic and took many effective steps to ensure maintaining high standards of health and safety such as:

1. - Working from distance.
2. - Health precautionary actions in all offices and accommodations.
3. - New accommodation facilities.
4. - Social distancing was applied during transportations and new bigger busses were purchased.
5. - Health and safety training to educate all employees.

Factory renovation. The company invested in new machines in the factory which lead to a better efficiency and the ability to produce new products which lead to a better outcome. Well trained and experienced Saudis with expats are running the operation in the factory managed by Mr. Nadeem Sheikh.

The company new Head Quarters are soon being assigned to one of the most famous contractors in the kingdom and will start the project in the second quarter of 2021 and expected to be completed by 2024. Located in one of the main roads in between Dammam and Khobar which will help us to serve our clients and suppliers in the best way.

2020 a special year for me, I was delighted to be honored by the board of SGB Al-Dabal for my 15 yrs service with the company. For those 15 years I would like to thank all board members, managers, SGB Al-Dabal team members and Al-Dabal family for their continuous support during this period and looking forward for more years to come full of achievements and success with SGB Al-Dabal

I would like to send my Condolences to Mr. Allan English family and friends. He was one of SGB Al-Dabal's loyal employees for a long time.

2021, Looking forward for another successful year with the support and help of all our great team members and bussines associates inshala.



Khalid A. Al-Dabal
Business Development
Manager

Quality ISO 9001:2015

SGB Al-Dabal Company maintains the highest quality of service as a key aim. Company is standardized by ISO 9001:2015-BSI (British Standards Institute- Certificate# FS 31441).

SGB Al-Dabal provides the optimum quality to clients in the safest and most efficient manner to their ultimate satisfaction. This is achieved through a total commitment of company employees by continuing to improve the company procedures and applicable requirements with emphasize on honesty, fairness, confidentiality and a sense of responsibility to our clients, subcontractors and suppliers.



Factory Update

Al-Dabal Scaffolding Factory



Nadeem A. Sheikh
Factory Manager

There have now been over 109 millions confirmed cases of COVID-19 (Coronavirus) worldwide. The governments all over the world took some potentially drastic measures to slow down the spread of the respiratory disease including working from home, which is not something possible within the scaffolding and construction industry.



Ghulam A. Hussain
Factory Supervisor

Scaffolding material supply was impacted by the measures like many other supplies of different nature. However, SGB Al-Dabal, one of the largest scaffolding supplier for sale, hire and contract in the kingdom of Saudi Arabia took some additional steps in its manufacturing facility at Al-Dabal Scaffolding Factory in 2nd Industrial Area, Dammam to make sure that sufficient stock is available in case of emergency (and/or) for an urgent requirement on any project or plant.



A large stock of raw material was also available at the factory to make sure a continues production even if the supplies are disrupted due to closure of supplier's factories or lack of transportation.



Aliyas Khan
Maintenance Supervisor

We also have equally took care of our staff and workers at the factory to avoid catching the disease by following and acting upon the recommendations issued by the authorities and providing them the necessary information and PPE.



Group of Al-Dabal Factory operations team

Hire & Sale Overview

Company Hire & Sale 2020

Dammam Overview:

We, SGB Dabal started 2020 in Dammam with remarkable hire business though it was not at par to our planned target. It could have been much better if the prevalent economic crisis coupled with Corona virus COVID 19 would not have started. Due to this pandemic, we had to face either shut down of our business or procedural slow down schedule from March to July. By grace of Allah, we reduced the impact of this crises with our collective efforts and professional approach to every single piece of enquiry, we received or generated. At the same time all this could not have been achieved without the timely support provided by our management whether it was of decision making or availability of materials.

In the month of August of this year we have managed to win an important access scaffolding rental job from our old and loyal client Al Asmael Contracting Co. for Al-Salam Hospital project located on the Corniche Road Khobar.

Scaffolding involved in this project was a huge quantity i.e. 15k meters of verticals, more than 37k meters of horizontals and 11k meters of laminated boards along with related accessories. It was not possible to supply all materials from our conventional resources only. Our thanks to SGB Al-Dabal management prompt interference who made it possible to supply this required materials on time to the entire satisfaction of our client. We have supplied our new product steel boards instead of laminated boards after big discussions on site.

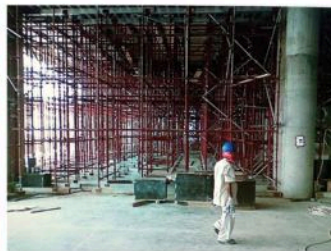
We have secured a mix of sale and rental job from our Client M/S Abdullah Al-Mutawa sons. We are also currently working together with Isam Kabani for wall formwork and slab support in their Saudi Aramco Beri Gas plant Jubail Project.

Apart from the above projects, below are some of the big jobs we have achieved recently:

1. Arabian Gulf Constructions (Saudi Aramco projects)
2. Al-Faneyah Electro-Mechanical (Saudi Aramco Projects)
3. Gulf Elite General Contracting
4. Huta Hegerfield Saudia Ltd
5. Zamil Air Cool
6. Plastbau Arabia Co. Ltd.
7. Bin Zagr



Riyadh Hire & Sale



Dammam Hire & Sale



Adnan K. Al-Dabal
General Manager
Hire & Sale



M. Ishaque Khokher
Regional Manager
Hire & Sale - Dammam



Naveed A. Sheikh
Regional Manager
Hire & Sale - Riyadh



Talal A. Sharaan
Sales Engineer - Jubail

SGB Al-Dabal

Head Office Highlights



Ahmad Jalamneh
SGB Al-Dabal - Head Office
IKTVA Specialist
Accounting Department



In line with the vision of our company and in implementation of the continuous directives of the board and management which emphasize the increase of Saudization content rate in all areas, it gives me great pleasure to confirm that we have for the fourth year in a row applied and achieved to obtain the IKTVA certification that monitors the in Kingdom Total Value Added (IKTVA) program.

We, with the grace of God, have achieved great results for the past year, and even have scored an outstanding rate compared to the rate achieved a year before, we also exceeded the rate required by Aramco for the sector in which our company operates in.

Our company is always keen to enable and provide all the means that would keep the rates of Saudization above the required, and rather to continue the upward curve in a manner fitting with our vision and mission.



In regards to the requirements of the Local Content & Government Procurement Authority for which we have placed our first application last year, we have achieved a high percentage that exceeds the rate required for our sector by Sabic.

Our company is concerned with developing local content in all its components at the level of the Saudi Arabia economy, to achieve development in accordance with the kingdom national visions.

Audit Team Update



Tarek W. Qawasmeh
SGB Al-Dabal - Head Office
Auditing Team Member



Francis A. Thomas
SGB Al-Dabal - Head Office
Auditing Team Member

As an internal audit department, we are doing our duty independently backed up with the full support of the company senior management.

Our primary objective is assurance and consulting activities designed to add value and improve the organization's operations.

We help to accomplish our objectives by bringing a systematic, disciplined approach to evaluate and improve the effectiveness of risk management control and governance processes.

We achieve this by providing insight and recommendations based on analyses and assessments of data and business processes.

With commitment to integrity and accountability, we provided value to governing bodies and senior management as an objective source of independent advice.

Procurement Department

In 2020, we started the year with several challenges at the procurement department to serve the enhancement of the workplace.

We have had many difficulties such as reducing the cost of goods while maintaining the same level of high quality, and controlling the process related to the expenses of SGB Al-Dabal vehicles.

Most importantly, these challenges were met with determination, efficiency, and a strong teamwork leading to extraordinary results for the betterment of the company along its employees.

More over, our team has mastered high levels of excellence despite the unusual circumstances due to the Corona virus pandemic.

The hardest task for the procurement team was the closure of some companies (suppliers) at times which in turn caused serious lack of availability of some items that were very much in demand; in addition to the rise in prices as well. However, we had the absolute commitment by which those challenges were demolished.

Therefore, I would like to thank God above all, the management, and then the procurement team who is a vital asset to the company.

Even though, the year 2020 was a highly challenging year but with successful outcomes by the great assistance from all the staff and we look forward for more achievements in 2021.



Mahmoud A. Abdulaziz
Procurement Manager



Mohammad Y. Al-Sanad
Procurement Officer

Legal Department

I wish you all good working time in 2021.

In this article, we will update you with the Employee's Duties as per the latest update of Saudi labor law. In July 2020, the Saudi Ministry of Human Resources and Social Development issued the latest update of Employee's Duties as below:

- Perform the work in accordance with the business practice and the employer's instructions provided that such instructions do not conflict with the contract, the law or public morality.
- Take due care of the employer's machinery, tools, supplies and raw materials placed at his disposal or in his custody and return to the employers the unused materials.
- Abide by proper conduct and ethical norms during work.
- Extend all assistance and help without making it contingent on additional pay in cases of disasters or hazards threatening the workplace or the persons working there in.
- Undergo, upon the employer's request, the medical examinations required prior to or during employment to ensure that he is free from occupational or communicable diseases.
- Keep confidential the technical, trade and industrial secrets of the products or which he directly or indirectly contributed to their production, as well as all trade secrets related to the work or the firm, the disclosure of which is likely to cause damage to the employer's interests.
- All employees are not allowed to work with other employer during their official vacations.
- Use and preserve the personal protective equipment designated for each process.
- Shall carry out the instructions established to protect his health against injuries and diseases.
- Shall refrain from any action or omission that may lead to failure to implement the instructions, misuse or impair the devices provided to protect the workplace as well as the health and safety of fellow workers.



Mohamed A. Al-Hafez
Legal Consultant



Shehab Al-Shehab

SAFCO IV Cooling Tower





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DARAI
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When I received the text from DHL, I suspected the company magazine was being sent, imagine my surprise when we saw the size of the package, I thought, "wow - thats a big magazine " !!
It must have taken hours to wrap J

We thoroughly appreciate this and thank you from myself and my staff for your continued business, prompt payments, hospitality and kindness offered to me during my visits, my sincere thanks.
I hope we can continue to work together for the mutual benefit of both companies in the years to come.

We wish you, health and happiness for the holiday season.

Kind Regards,

Bill Ferguson
Managing Director
SCAFTEC

Bill Ferguson
Managing Director
SCAFTEC

Contracts Highlights

Saudi Aramco



Andy C. Morrison
General Manager
Contracts

While most of the Kingdom has endured lockdowns and varying degrees of restrictions during 2020 due to the continuing Covid 19, Saudi Aramco with the assistance of all their suppliers have endeavored to keep their plants fully operational and carrying out planned T&I as well as regular maintenance activities. Saudi Aramco have the advantage that a large number of their plants are in desert locations with minimum pollution nearby, which allowed them to effectively contain any substantial spread of the disease.



M. Shamim Anwar
Operation Manager
Southern Area

Safaniyah and Tanajib in the North East of the country were extremely busy and carried out all their planned T & I's including work in the offshore fields of Majran, Zuluf and Safaniyah. Abqaiq, Qurrayah Sea Water Injection and North Gawar Producing which covers all the GOSPs (Gas Oil Separation Plants) in and around Abqaiq have all been completed successfully. Further south Hawiyah Gas Plant, Hawiyah NGL, Uthmaniyah Gas Plant and Harad Gas Plant have all kept to their planned schedule and indeed have been extremely busy to keep oil production at maximum levels.



Enamul A. Kabir
Scaffolding Supervisor
Safaniyah Area

The largest works of 2020 have taken place in Riyadh Refinery with a massive oil storage tank 925V-7 undergoing a major refurbishment, with sand blasting and painting the walls and roof, after steel repairs to the roof support beams have taken place. A full birdcage scaffold of 2,809,333 Cubic Ft with boarded lifts to access the entire roof area and all the walls at the same time was completed ahead of schedule. SGB Dabal Supervisor Mr. Murgan commented, "we used cuplok systems scaffold on 1.8m x 1.8m grid which allowed us to build 10 days quicker than the previous contractor, which was a great saving to our client. The scaffolding is currently being dismantled (January 21) and should be completely removed by the end of the month and material moved to the next tank where we have already started building the scaffold. An excellent job and well done to all in the Riyadh Refinery team.



Vishwanadhan V. Murukan
Scaffolding Supervisor
Riyadh Refinery

In Yanbu, we have carried out a major column scaffold approximately 72m high for insulation repairs and new lines being installed for Saudi Aramco NGL plant. We also successfully secured additional works with Farabi at their new extensions which is bigger than their existing plant that was completed in August 20 and we continue to look for more contracts going forward to expand our presence in Yanbu.



Shafique Ahmed M.
Scaffolding Supervisor
Yanbu Area

Over all, 2020 was a year like no other. The Covid-19 pandemic affected all our lives in some way. The resilience, dedication and hard work shown by all, under very extreme circumstances has been achieved by working together to improve the situation by providing New Accommodation and Transportation to ensure social distancing and the Covid 19 medical checks and sanitization procedures required by the Ministry of Health, have meant that we have all stayed Covid free. On behalf of the executive management we thank all for what we have achieved during this difficult year and most importantly, all our employees and families stay safe and well. Wishing that 2021 brings a new beginning for a brighter, healthier and prosperous year.

Contracts Highlights

SABIC (Saudi Basic Industries)

SABIC entered the year with a high optimize and many Turnarounds planned, then Covid-19 came to the Kingdom.

SGB Dabal implemented various safety precautionary measures in line with the new guidance from the Ministry of Health and SABIC requirements.

These included additional camp accommodation and extra buses to ensure that social distancing rules could be complied with. Very stringent hygiene and testing compliance of temperature taking, regular washing of hands and Covid-19 tests for all of our employees. Special camp for isolation purposes was also set up to prevent the further spread if anyone got infected.

The Company also supported the operatives that were home and could not return to work due to the boarder closures by paying initial 50 % of their salaries in April and continued with up to 25 % in November, we also introduced to pay a 5% cost of living allowance to all operatives as well.

SGB Dabal business ethics are all about supporting each other, especially in our hour of need and it was the “right thing” to do by assisting them and their families during this unprecedented pandemic in our life time.

We wish all employees, the general public and their families, a safe and healthy 2021 and may we all get the vaccine and be Covid-19 free during 2021.

Business wise, we are all aware of the impact of the virus, with reduced manpower in the plants and minimal maintenance and zero turnarounds until the pandemic has eased. We have started pre-build for major turnaround in Olefins IV Petrokemya North and Ar Razi IV starting on the 15th of February 2021. We wish all a safe turnaround.



Michael F. Crellan
Contracts Operation Manager



Lyndon B. Johnston
Contracts Operation Manager



Sherif Ali Sher Ansari
Supervisor - Ar-Razi



Ismailkunju Thajudeen
Supervisor - SASREF

Quality, Health and Safety



Anishad Vavakunju
SGB Al-Dabal
Jubail
Safety Supervisor

Health, Safety & Welfare

SGB Al-Dabal is proud of its commitment to conduct activities with the highest degree of integrity in a fair and safe manner in full compliance of applicable safety rules and procedures.

SGB Al-Dabal initiates to provide safe and healthy work place and welfare to all employees and maintains formal programs as we believe that our most valuable asset is our competent employees. We would like to guarantee that all of our employees shall be back to their families with happiness and safe manner without any work related injuries or accidents. 1400 employees (Saudis and expats) who are working in different locations (Sabic & its affiliates, Saudi Aramco, private firms and construction fields) within Saudi Arabia have achieved **4,618,799** man-hours without any lost time injury during the year 2020.

We are focusing clearly on safe working methods, strict observance of the clients safe regulations, standard personal protective equipment and the interaction of large number of operatives working in relatively confined areas. We are conducting monthly EHSS training for all employees at the Jubail Yard /camps covering different areas such as, driving safely, plants awareness, personal protective equipment, fire Safety, emergency response, Near-Miss reporting, Life Saving Rules etc. to improve competency and skills.

37 competent Safety officers are effectively monitoring & supervising our scaffolding activities to ensure that all tasks are complying with applicable procedures and apply safe working practice. They are delivering tool box talks and pre-job meetings to all employees for their awareness, safety procedures, rules and regulations implementation and to apply safe working practice at job sites in addition to conducting safety campaigns and distributing safety booklets frequently.

SGB Al-Dabal is treating employees fairly, implementing employment practices and programs related to compensation, promotion, training, recreation and health practices on the basis of equal opportunity for all employees without any distinction.



Nashit Ahmed
SGB Al-Dabal
Jubail
Safety Advisor

Covid-19 Precautions

- SGB Al-Dabal Management has taken effective precautionary measures to eliminate the spread of Covid-19 pandemic according to Ministry of Health's guidelines and instructions.
- Provided all precautionary measures of Covid-19 exposure within offices, accommodations and transportation.
- Developed Covid-19 precaution plans & Guidelines.
- Formed an effective and active crisis management committee.
- Conducted awareness training programs frequently.
- Provided more transportation facilities to maintain social distancing and applied necessary business continuity plans.
- Assigned safety officers in the camps for monitoring compliance to the precautionary measures.
- Acquired new accommodation facilities to avoid overcrowding in the rooms.
- Monitoring temperature for all employees by screening while leaving and entering all camps.
- Cleaning & disinfection is thoroughly applied & monitored.
- Transportations are regularly disinfected after every trip by the driver himself.
- Conducting camp inspection thoroughly by camp safety officers.
- Provided masks, sanitizers, hand wash liquids & hand gloves.
- Provide & display banners and posters at the camps, work sites & offices to educate employees to eliminate all possibilities of Corona infections.
- Temporary closed mess-hall and Mosque to avoid gathering.
- Avoid the unnecessary visitors at the camp & offices.
- Provide a separate building for isolation with good facilities according to Ministry of Health guidelines for suspected and infected employees for quarantine purposes.



Edwin F. Kunnath
SGB Al-Dabal
Jubail
Safety Officer

Quality

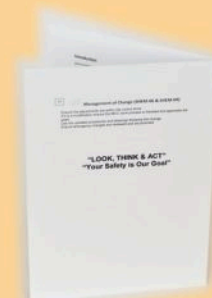
SGB Al-Dabal Company maintains quality service as stated in ISO 9001:2015- BSI (British Standards Institute- Certificate #FS 31441), and SASO (Saudi Arabian Standards Organization-Certificate #006/1416).

SGB Al-Dabal company is always supplying the highest level of quality to all customers and clients in the most safe and efficient manner. This is achieved through the total commitment of our employees.



Paul Joseph M.
SGB Al-Dabal
Jubail
Safety Officer

Anishad Vavakunju
HSE Team Leader



SGB Al-Dabal Insight

SGB Al-Dabal Quarterly Managers Meeting

The SGB Al-Dabal Managers Meeting was held at the Head Office on the 10th of December 2020.

Mr. Emad opened the meeting by welcoming all the managers with a special introduction to Mr. Mahmoud & Mr. Tarek who were recently promoted as Procurement Manger & Audit Manager respectively.

Also, Mr. Emad, congratulated Mr. Andy and his team for successfully executing the Safco Cooling tower job. Special thanks also go to Mr. Nadeem and his manufacturing team for their great support and backup.

Various business issues were discussed such as the effects of the current Covid-19 pandemic on our business.

The meeting was closed with an open discussion around the business status & market updates.



Staff Promotions:

SGB Al Dabal Company Management announces with pleasure the promotion of the following employees:

1. Mr. Michael F. Crellen to the position of "Contracts Operation Manager".
2. Mr. Lyndon Johnstone to the position of "Contracts Operation Manager".
3. Mr. Tareq W. Qawasmeh to the position of "Internal Audit Manager".
4. Mr. Mahmoud A. Abdulaziz to the position of "Logistics and Procurement Manager".



Lyndon B. Johnston
Contracts Operation Manager



Michael F. Crellen
Contracts Operation Manager



Tarek W. Qawasmeh
Internal Audit Manager



Mahmoud A. Abdulaziz
Logistics and Procurement Manager

SGB Al-Dabal News

Contracts Bid Committee

SGB Al-Dabal Contracts Committee had a meeting held at Al-Dabal Scaffolding Factory premises to discuss various business plans and to set up the required documentation and arrangements for a new proposed bid.



SGB Al-Dabal and SABB Meeting



SGB Al-Dabal had a visit by SABB financial team, Mr. Ali Mahdi Al-Haddad (Corporate Banking Division Head) and Mr. Moaiad Hamza Al-Alwan (Corporate Banking Relationship Manager) to further strengthen the business long term relationship between both parties.



SGB Al-Dabal News

Riyad Bank Executives Factory Visit

بنك الرياض
riyad bank

Due to the long business relationship between SGB Al-Dabal Co. and Riyad Bank, executive members of Riyad Bank Mr. Ibrahim Mohammed Al-Ibrahim (Senior Vice President) and Mr. Mohammed Kamal Al Muzel (Senior Relationship Manager) have paid a visit to Al-Dabal Scaffolding Factory at Dammam 2nd Industrial City. The visit was to have a look at our new production lines and the modern technology used at all production stages and to discuss future business opportunities between both parties.

كثيراً ما نقرأ عن قصص لشركات في الغرب، ومبادراتها في الاهتمام بالموظفين وخدمة المجتمع، ولكننا مقصرون جداً في إبراز دور الشركات المحلية وتجاربها المبتكرة في هذا الجانب، ومن هذه الشركات التي وقَّعت لمعرفة جزء من مساهماتها شركة اس جي بي الدبل.



Mohammed Kamal Al Muzel
(Senior Relationship Manager/Riyad Bank)

فخلال فترة الجائحة ومع توقف العمل في عدد من المشاريع، والتزام الشركة بتكاليف مباشرة لأكثر من ١٤٠٠ موظف، إلا أنهم كانوا حريصين على أن يحصل جميع الموظفين، بما فيهم العالقين خارج المملكة، على راتب يضمن لهم القدرة على تلبية حاجاتهم وحاجات عوائلهم الأساسية.

ومن المبادرات المميزة لشركة اس جي بي الدبل في حق الموظفين كذلك، هو التأمين على حياة جميع موظفيهم مع شركة تأمين، تقوم بالدفع لعوائلهم في حالة الوفاة لا قدر الله، ولم يقف عطاؤهم عند هذا الحد فقد تكفلت الشركة كذلك بحفر بئر في إحدى الدول الأفريقية ليكون صدقة جارية للموظف المتوفى.

وما هذا العطاء إلا استمراراً لمبادرات الشركة في المسؤولية الاجتماعية، فالشركة تحرص على دعم العديد من الجهات والمبادرات بشكل سنوي، ومن هذه الجهات (جمعية إرتقاء، برنامج إفطار صائم، مهرجان أولمبياد التربية الخاصة، مبادرة أحفاد خالد وغيرها العديد من الجهات).

وما إبداعهم في مجال المسؤولية الاجتماعية إلا استمراراً لإبداعهم في مجال تصنيع السقالات وتركيبها، فالمعرفة والمهارة التي بُنيت خلال ما يقارب الخمسين عاماً، مكنت الشركة من تنفيذ العديد من المشاريع التي تتطلب مستوى عالي من الكفاءة، وذلك أهلها لتكون من أفضل الشركات المتخصصة في صناعة وتركيب السقالات على مستوى المملكة.

فمؤخراً أنهت الشركة تركيب سقالة ضخمة، تعتبر أكبر سقالة بُنيت في سابق بهذا الحجم، فيبلغ ارتفاع السقالة حوالي 52 متر وقطرها حوالي 232 متر.

من جهة أخرى وأثناء زيارتي الأخيرة لمصنع الشركة، أذهلني سلاسة العمل، وكيف أنه وخلال سنوات تمكن الفنيون من التعديل والتطوير على خطوات التصنيع، مما ساهم بشكل كبير في رفع الفعالية وتخفيض التكاليف وساعد الشركة أيضاً على المنافسة في السوق بشكل كبير.

وخلال حديثي مع الأخ عماد الدبل أشار إلى أن غالبية الحلول الإبداعية، كانت مبادرات شخصية من الفنيين أنفسهم، مما يعكس قوة فريق العمل مع الاحتفاظ بمستوى عالي من الجودة، وما استمرار الشركة في السوق ولكل هذه السنوات إلا دليل على قوة ومهنية فريق العمل.

وهذا عمري مصداق لقوله تعالى {وفي ذلك فليتنافس المتنافسون} فنجد مجموعة الدبل من جانب حريصة على العمل والإبداع فيه، ومن جانب آخر لم يهملوا الإبداع في العطاء، فمبادراتهم في حق الموظفين والمجتمع تعتبر مبادرات مميزة تستحق الشكر والاحترام.

وفي الختام ادعو المولى عز وجل أن يوفق الأخوة في مجموعة الدبل لمزيد من النجاح والإبداع وادعو الله أن تكون أعمالهم الخيرة في ميزان أعمالهم ومصدر إلهام لغيرهم من المنافسين.

محمد كمال المزعل
بنك الرياض



SGB Al-Dabal News

Covid 19 Awareness Seminar

Health and safety orientation is a vital component of any company's health and safety management system.

It is the process of introducing new, inexperienced, transferred and returning employees to a safe and healthy workplace.

As a part of Covid 19 precautionary measures, SAOO Safety orientation was being held virtually for SGB Al-Dabal Employees at the head office as well as at the branch offices.

This orientation is provided via Skype and was hosted by: Mr. Abdulelah A Al Obaid (Supervisor(A) SGPD/ Planning Unit) at Saudi Aramco.

This includes sharing the communication of all necessary precautions and the way of working inside Saudi Aramco facilities and also actions to be taken in case of any emergency by presenting the materials via the screen and program sharing functionality.

Our highest priority is the health and well-being of our employees as well as our Customers and Suppliers.



Mr. Abdulelah A Al Obaid (Supervisor(A) SGPD/ Planning Unit) at Saudi Aramco.



SGB Al-Dabal News

Team Training on the Company health protocol during Covid -19



SGB Al-Dabal News

Life Saving Rules (LSR) Safety Campaign

SGB Al-Dabal Management initiated to conduct safety campaigns & awareness sessions on monthly basis for its employees according to SABIC requirements. The campaign aimed to motivate & educate employees regarding safety requirements, rules & regulations to protect them from injury and incidents and to avoid violations inside the plants.

We are discussing different selected safety matters in the sessions such as, Life Saving rules, work permit requirements, PPE, Covid-19 precautionary measures, confined space entry, working at height safely, etc. We are conducting EHSS quiz programmes in the sessions and distributing gifts & vouchers to the winners for the motivation purpose.



Covid 19 SABIC Meeting

Mr. Khalid having an online Covid 19 awareness meeting which was organized by SABIC



SGB Al-Dabal News

Pandemic Committee Meeting

SGB Al-Dabal Covid-19 Pandemic Team has constantly held several meetings at the Head Office during the lockdown to discuss and plan the day to day business arrangements for all of our work commitments for SABIC Plants & ARAMCO Refineries where all precautionary measures had taken place within company offices and accommodations. The team members were on call (24/7) to facilitate all the work needs specially during the curfew hours.



Modon Delegate's Factory Visit

Mr. Emad Al-Dabal has met with Eng. Mohamed Al-Ibrahim of Modon during his visit to Al-Dabal Scaffolding Factory on the 3rd of November 2020.

They had a long discussion on the future factory needs and development plans where Mr. Emad has fully explained our manpower major needs. It was agreed that a high recommendation by Eng. Al-Ibrahim will be put within his official visit report and Mr. Emad has promised to increase the Saudization percentage within the factory work scope ASAP.



المهندس محمد الإبراهيم
الهيئة السعودية للمدن الصناعية ومناطق التقنية

SGB Al-Dabal News

Budget Rent a Car Agreement



In Feb 2020, SGB Al-Dabal has signed an agreement with United International Transportation Co. (Budget). To lease cars.

Mr. Emad K. Al-Dabal, the president of SGB Al-Dabal and Mr. Fawaz A Danish, President & CEO of Budget have jointly signed the lease agreement.



New Agreement with Integrated Training Institute

SGB Al-Dabal represented by Mr. Khalid A. Al-Dabal has signed an agreement with Integrated Training institute, an approved company for training of Saudi nationals represented by Eng. Tariq Al Malki to provide the required services and since it's an approved partner in the Occupational Safety and Health Cadres Program (National Program for Occupational Safety and Health), SGB Al-Dabal has agreed on the possibility of employing 39 trainees from the program's graduates.



التدريب
للتنمية
INTEGRATED
FOR TRAINING



SGB Al-Dabal News

Business Ethics and Standards Video Documentation

SGB Al-Dabal Co. has launched a new video in English & Urdu languages to all employees to demonstrate all information and data related to Business Ethics Policy.

This video is a new tool from the management to emphasis on the company's full compliance with all applicable laws and regulations of our Business Ethics Policy.

This video will be handy and available at all locations to all Managers, supervisors and team leaders to be viewed at any time which will help to strengthen the concept of our commitment to conduct business with the highest degree of integrity in a safe, fair and ethical manner.

The purpose of this video is to ensure that all employees are aware of the legal and ethical standards, every employee is expected to maintain when conducting business.



New Saudi Employees under training



SGB Al-Dabal have introduced an in-House Scaffolding training course to improve and develop our Saudi team to a higher level of skills and knowledge which will help to increase the performance and achieve all work tasks in a very professional manner.



Mohammed Essa Al-Ashoor

SGB Al-Dabal obtains a New Saudi Certified Supervisor by Saudi Aramco.



SGB Al-Dabal News

A Visit of a Business Associate



We have recently welcomed Eng. Atif Saleem, General Contracting Director of Asmael Contracting Est., one of our biggest long term construction business associates within the Kingdom.

Both companies have a long record of successful business relations in the civil sector for more than 25 years.

Salem Al-Mutawa's visit



Mutawa Trading & General Service Co.

SAHAM International Holding Co.

Mutawa Contracting Co.

A group of companies with the primary focus on Trading and Construction business here in the Kingdom of Saudi Arabia.

Mr. Salem Al-Mutawa CEO of the group have visited our office and discussed several business issues, Mr. Salem was a close friend of late Mr. Abdullah K. Al Dabal.

The relation between Al Dabal and Al Mutawa groups is an old family and business relation which was existing since many years.

Mr. Mohammad K. Al-Dabal welcomed the guests during the visit.



SGB Al-Dabal News

Sheikh Khalid Al-Abdulkarim visiting H.O.



الجمعية السعودية
للذوق العام

استقبل رئيس الشركة الأستاذ عماد بن خالد الدبل في مكتبه سعادة الشيخ خالد بن محمد بن علي عبدالكريم (نائب رئيس الجمعية السعودية للذوق العام) وتم خلال اللقاء مناقشة العديد من المواضيع والقضايا في أجواء ودية وأخوية من أجل تقوية وتعزيز العلاقة بين الجهتين ويذكر بأن الشيخ خالد عبدالكريم له من العضويات ما يلي:

- عضو في مجلس الأمناء بمؤسسة الأمير محمد بن فهد بن جلوي للقرآن والسنة والخطابة.
- عضو في الجمعية العربية للثقافة والفكر والأدب.
- عضو اللجنة السعودية المشتركة للإغاثة الدولية.
- عضو رابطة العالم الإسلامي.
- عضو لجنة الشفاعة الحسنة.
- المستشار الشرعي للجمعية الخيرية السعودية لتنشيط التبرع بالأعضاء (إيثار) ولجنة الشفاعة الحسنة.

PWC Managing Director Visit

Mr. Ahmad Mukaddam, Director & Advisory Forensics of Price water house Coopers in Dubai has visited our Head Office early August 2020.

Mr. Ahmad was the Head of the Auditing Team who carried out all Aramco Auditing requirements as a part of the new SGB Al-Dabal Business Ethics Policy procedures.



SGB Al-Dabal News

SGB Al-Dabal and Ertiqa sign a Memorandum of Cooperation

In October 2020 Ertiqa charitable organization & SGB Al-Dabal signed a memorandum of cooperation represented by Dr. Saleh Ahmed Al-Qoum, the executive Manager of Ertiqa(First Party) and Mr. Khalid Abdullah Al-Dabal, Board member and Regional Business Development Manager of SGB Al-Dabal Co. (Second Party), where SGB Al-Dabal will continue to supply old printers, computers and all hardware devices to support the community and to be a partner in preserving the digital grace.

Ertiqa is always pleased to assist all donators and collect their old computer hardware devices to refurbish and distribute used computers to educational and social institutes all around the Kingdom.

The above partnership is promoting a culture of recycling and environmental protection, supporting educational and intellectual advancement programs and promoting the optimum use of information technology.



SGB Al-Dabal News

Donation Drive

أعمال خيرية



Eng. Mohammad K. Al-Dabal

Digging drinking water wells (charitable donation) for the benefit of deceased employees

One of our company's traditions is to continue supporting our employees, currently the management has provided funds on charitable base to dig 4 water wells as a donation to (4) of the company's employees who died last year, their details as follows:

No.	Name	Nationality	Service
1	Abdou Ahmed Al-Qarni	Saudi	20 Years
2	Nabil Qasim Al-Dossary	Saudi	16 Years
3	Helaluddin Alauddin	Bangladesh	24 Years
4	Shamsul Alam Joynalabedin	Bangladesh	18 Years

" أفضل الصدقة سقي الماء "

قال رسول الله صلى الله عليه وسلم :

حفر آبار مياه شرب (عمل خيري) لصالح المتوفين من العاملين بالشركة

من منطلق حرص الشركة على العاملين بها ، قامت الشركة بعمل خيري بتقديم دعم مالي لحفر 4 آبار مياه شرب وقد وهبتهم الى (4) من العاملين بالشركة ممن توفاهم الله خلال العام الماضي وهم :

- عبده أحمد القرني سعودي 20 عام خدمة
- نبيل قاسم الدوسري سعودي 16 عام خدمة
- هلال الدين علاء الدين بنغالي 24 عام خدمة
- شمس العالم زين العابدين بنغالي 18 عام خدمة



4 Water Wells for SGB Al-Dabal late employees

Loss of our Loyal Employee



We at SGB Al-Dabal are sorry for the loss of one of our loyal employees " Christopher Allan English

Allan has joined us on Sep 2004 until April 2018.
Allan was working as an Area Manager at Ras Tanura office.

He will always be in our hearts and memories.

May he rests in peace and may GOD help us all and his family in this time of grief.

SGB Al-Dabal News

Abdulrahman Al-Dabal Mosque & Garden Project

CURRENT PROJECT DEVELOPMENTS - PHOTOS

On a total land area of 5,417 M².
The construction is going on at Mr. Abdulrahman Al-Dabal's Mosque in Al-Khobar. The Mosque project is quite enough to contain the following facilities:-

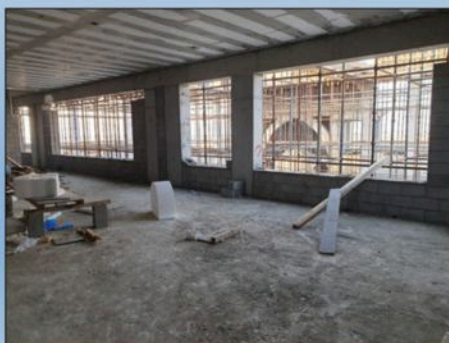


Mr. Abdulrahman K. Al-Dabal

- 2 prayer Halls for (Male and Female)
- Ablution & bathrooms area.
- Imam & Moa'athin houses.
- Multi purpose area (Maktaba)
- Court Yard
- E'tikaf Rooms
- Guard Room.
- Parking Area



Eng. Aref K. Al-Dabal



SGB Al-Dabal News

G20 Summit 2020



سلطان بن عبدالعزيز

@KingSalman

تسعد المملكة العربية السعودية باجتماع قادة دول مجموعة العشرين، التي ترأست فيها بلادنا أعمال هذا العام، وأثبتت فيه المجموعة قوتها وقدرتها على تظافر الجهود؛ لتخفيف آثار جائحة كورونا على العالم. كانت مسؤوليتنا - وستظل - المضي قدما نحو مستقبل أفضل، ينعم فيه الجميع بالصحة والازدهار.



SGB Al-Dabab News

Saudi New Green City

Saudi Arabia is going to construct an eco-city called The Line. The construction of a zero-carbon city will begin this year in north western of Saudi Arabia.

There will be no roads and motor transport, and it will be offered to move around the city on high-speed trains, bicycles, and scooters.

The Line will become part of the large-scale futuristic project Neom and will be located 170 km along the Red Sea coast. The eco-city will have three levels: one on the surface for the inhabitants and two more underground. One of them will be used to maintain infrastructure, and the second will become an ultra-high-speed transport hub, which will be controlled using artificial intelligence. Simultaneously, the city will be powered exclusively by renewable energy, and AI will also regulate the eco-environment in The Line.

The construction of The Line will cost \$100-200 billion. At the same time, the Saudi Arabian authorities promise to preserve nature that will be affected by the city's construction by 95%.

Saudi expects 380,000 jobs will be created, and the city will bring \$48 billion of GDP by 2030. The eco-city can help Saudi Arabia develop a green economy and energy.



THE LINE at NEOM



Objectives by 2030

- Create 380,000 new jobs.
- Stimulate economic diversification.
- Contribute 48\$bn to domestic GDP.
- 1 million residents.

A truly unique approach to urbanization. THE LINE will combine hyper-connected communities to natural landscapes in a city powered by 100% renewable energy.

In Numbers

- 170km of green urban development.
- 5 minute walk to nature.
- 20 minute journey to anywhere within THE LINE.
- 4 distinctive ecologies.

Environment, Mobility & Sustainability

- 95% land conservation.
- No emissions; reduced carbon footprint.
- No cars & streets. only walkable spaces.
- High-speed & automated mass transit.
- AI-empowered communities.
- Locally grown & sustainable food production.

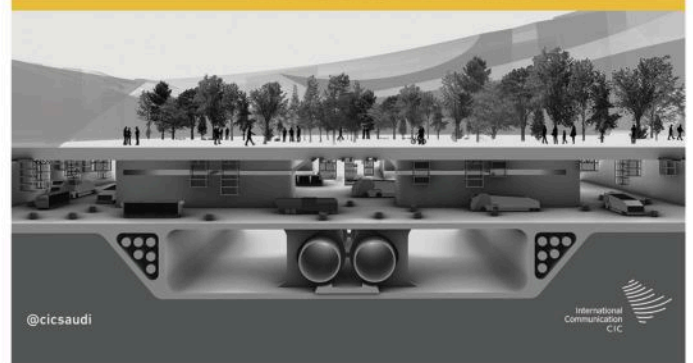




أبرز أرقام مشروع
THE LINE

380 ألف فرصة عمل سيوفرها	170 كم طول المدينة
20 دقيقة مقدار أبعد رحلة	180 مليار دولار تضاف إلى الناتج المحلي بحلول 2030
90% من البيانات ستخسر لتعزيز قدرات البنية التحتية	95% نسبة ما يتم الحفاظ عليه من الطبيعة في أراضي نيوم
2021 بداية انطلاق المشروع	100% الطاقة النظيفة المعتمدة في المدينة





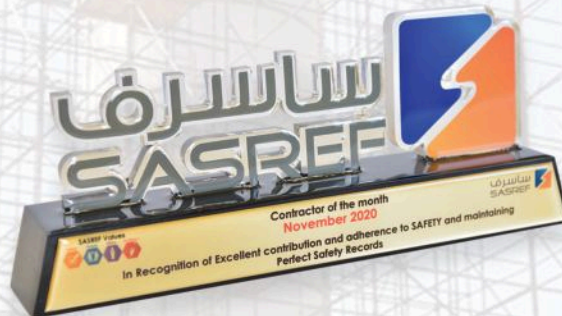
Recognition



Saudi Aramco North Ghawar Maintenance Division
awarded SGB Al-Dabal Co. Ltd.
with Certificate of Appreciation for its valuable contribution to the
successful completion and startup of SHGOSP-1&5 T&I Project
with its well-organized and successful team work



SHARQ awarded SGB Al Dabal Co. Ltd. with Certificate of Appreciation
in recognition for its contribution towards enhancement of EHSS
by participating in an awareness campaign
"LIFE SAVING RULES (LSR) & BASIC SAFETY BEHAVIORS"
held in month of November 2020



SASREF Awarded SGB Al-Dabal Co. Ltd.
as Contractor of the Month November 2020
for its Excellent contribution and adherence
to SAFETY and maintaining
Perfect Safety Records



SGB Al Dabal Co. Ltd. awarded
Mr. Andy C. Morrison for his success and
great efforts that he personally put in
SAFCO IV COOLING TOWER



SGB Al Dabal Co. Ltd. awarded
Mr. Nadeem A. Sheikh for his success and
great efforts that he personally put in
SAFCO IV COOLING TOWER

Recognition



SGB Al Dabal Co. Ltd. recognized for completing safely and successfully The Un-Schedule Major T & I Activities for LP Hemispheroid Tank (D-334) at Safaniyah A/H Plant 369 in October 4-November 17, 2020



SGB Al Dabal Co. Ltd. awarded for its outstanding performance & excellent dedication for safe and successful completion of SIPCHEM IDC TAM July 2020



Saudi Aramco South Ghawar Producing Department recognized SGB Al-Dabal Co. Ltd. for doing outstanding jobs, dedication, hard work, commitment and team spirit during the working period of UGOSP-08 T&I, December 2020



Certificate of Appreciation awarded to SGB Al Dabal Co. Ltd. in recognition of completing safely and successfully The Un-Schedule Major T & I Activities for LP Degassing Tank (T-063) at Safaniyah A/H Plant 369 in August 2020

Year End Celebration

SGB Al-Dabal Co. Celebrates 2020 Year End

At the end of December, SGB Al-Dabal Management teams at all locations, Head Office, Dammam, Jubail and Riyadh have celebrated the 2020 year end.

With great pleasure and appreciation, all team members have gathered to celebrate the great success of the year.

Concerned Managers delivered speeches to the staff members thanking them for their continuous efforts and wished them every success and prosperous 2021 and the years to come.



Head Office

Year End Celebration



Riyadh Branch



Dammam Branch



Jubail Branch

Service Record



9 Member



Mohammad Shamim Anwar
Jubail
23.10.1990



Ghulam Hussain Amir Hussain
Factory
12.04.1990



Mohammad Iqbal M. Khan
Jubail
11.08.1988



Bhanwar Lal
Jubail
23.10.1990



Karuppanan Pandi
Jubail
23.10.1990



Kasturi Lal
Jubail
23.10.1990



Ram Saroop
Jubail
23.10.1990



Shamim Khan R. Khan
Jubail
01.12.1990



Birender Kumar J. Prasad
Jubail
06.12.1990



Birraj Ramkisan Nisad
Jubail
06.12.1990



Sharif Ali Sher Ansari
Jubail
26.12.1990



2 Members



Andrew Charles Morrison
Jubail
06.01.1995



Nagaraj Chodappa
Jubail
24.10.1995



2 Members



Anwer Hossain Mohd. Sona
Jubail
01.03.2000



Almas Miah Nayes Uddin
Jubail
01.03.2000



Mohammad Ruhul Amin
Jubail
01.03.2000



Binod Mahato Koery
Jubail
16.06.2000

SGB Al-Dabal Company Management periodically honor and celebrate all its employees who have completed 10 years of continuous service, and then similarly honoring all those who completed 5 repeated years of work after the tenth year, i.e. 15, 20, 25, 30, 35, 40 etc.

This annual event is a great sign of gratitude and appreciation from the management towards its employees which reflects and confirm the deep relations.

Service Record



40 Members



Michale Frederick Cullen
Jubail
21.10.2010



Aristo Toque Obnamia
H.O.
17.09.2010



Man Bahadur Makim Magar
Dammam
21.03.2010



Abhilash Baburajan
Dammam
18.08.2010



Raj Bahadur Rai
Dammam
19.11.2010



Hamad Ali Mohd. Al Sheban
Jubail
02.01.2010



Durga Bahadur Chaulagai
Jubail
28.02.2010



Bal Krishna Khadka
Jubail
28.02.2010



Bharat Rajbanshi
Jubail
07.03.2010



Manu Chellayan C.
Jubail
01.08.2010



Netra Bahadur Roka
Jubail
05.08.2010



Prakash B K Sita
Jubail
05.08.2010



Megha Bhadur Yakha
Jubail
05.08.2010



Narayan Prasad Ghimire
Jubail
12.08.2010



Uttam Tirnsina Dhruba
Jubail
12.08.2010



Sher Bahadur Gharti
Jubail
12.08.2010



Mohammad Sultan G Nabi
Jubail
16.08.2010



Ali Hasan Mohammad
Jubail
16.08.2010



Riyaj Ahmed Raooif
Jubail
16.08.2010



Mohammad Nayeem Aziz
Jubail
16.08.2010



Manoj Kumar Gurjar
Jubail
16.08.2010



Mohammad Sayeed Hakim
Jubail
16.08.2010



Sarwar Ali Akhtar
Jubail
16.08.2010



Mohammad Zahid Pervez
Jubail
16.08.2010



Mohammad Rashid Baseer
Jubail
16.08.2010



Jawad Alam Ansari
Jubail
16.08.2010



Appukkuttan Madhu
Jubail
18.08.2010



Krishna Kumaran Arumughan
Jubail
18.08.2010



Munawwar Ali Luddur
Jubail
27.08.2010



Mohammad Anish Malik
Jubail
27.08.2010



Mohammad Tahir Deen
Jubail
27.08.2010



Md Shabbir Akhter
Jubail
27.08.2010



Ram Bahadur Kami
Jubail
27.09.2010



Mohammad Abdullah Lal
Jubail
01.10.2010



Jawed Hassan Norul
Jubail
01.10.2010



Ramanand Das Tatma
Jubail
19.11.2010



Mainejar Jagdish Mallah
Jubail
03.12.2010



Uttam Tamang Chandra
Jubail
16.12.2010



Premal Kuwar Danuwar
Jubail
22.12.2010

General Knowledge

طرق تساعدك على تنمية فكرك

للانضمام لقنوات مجلة تطوير الذات أرسل كلمة (اشترك) إلى 0531606080

اطرح أسئلة لها صلة بالمواضيع والقضايا القائمة على توسيع أفقك

خصص مزيداً من الوقت للتفكير بذهن صاف بعيداً عن كل ما يشتت تركيزك

اربط الأفكار الأصلية الموجودة مع بعضها البعض لتكوين فكرة جديدة

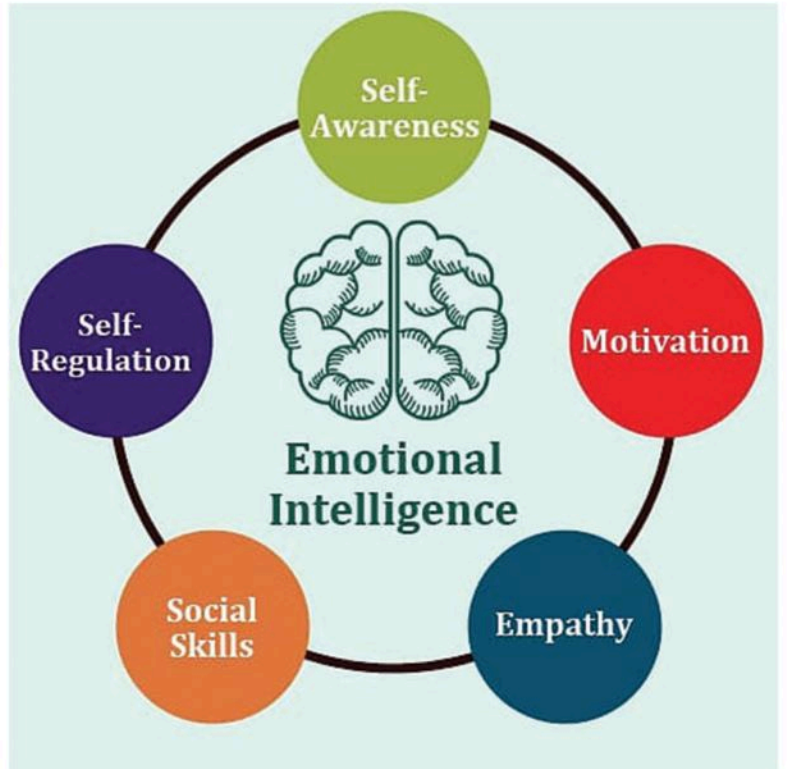
امتلك مكتباً في بيئة فوضوية مؤثرة فعالة أثناء التفكير لتنمية تفكيرك الإبداعي

تبادل الأفكار والآراء مع الآخرين عند تشكيل الفرق لتكوين فكر إبداعي متطور

مؤسسة شبكة المتحدثين العرب
شخصيات بالصور والصور بالصور
2007
0504607078

برعاية

المصدر: <https://hr.org/2016/12/4-ways-to-improve-your-strategic-thinking-skills>



لقيادة الدراجة الهوائية بشكل آمن:

إرتداء الملابس العاكسة أثناء القيادة الليلية

السير فرادى بمحاذاة الجانب الأيمن للطريق

الالتزام بالمسار الخاص في حال كان محدد

تعلم قيادتها بشكل جيد قبل السير بالطرقات

تركيب الأنوار الخلفية والأمامية

لبس الخوذة أثناء القيادة

ابن زهر ibn zahr

PERSONAL HYGIENE

إذا كنت في أي مكان عام، ارتدي كمامة قماشية دائماً.
If in any public place, wear a cloth mask

الصحة الشخصية

استخدم معقم الأيدي و نظف يديك بشكل منتظم
have a hand sanitizer around always, make sure to clean your hands regularly.

حامل للفيروس Positive

شخص سليم Negative

إمكانية العدوى Possibility of infection

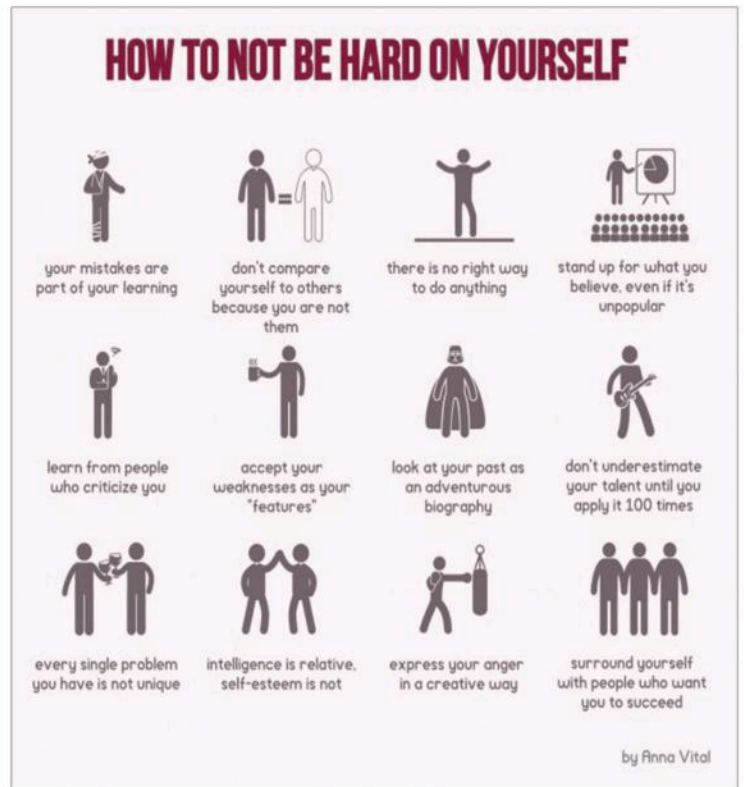
Positive	Negative
90%	
70%	
5%	
1.5%	

معاً نتغلب على كورونا
TOGETHER WE OVERCOME COVID-19

وزارة الصحة
Ministry of Health

للاستفسارات والاستشارات الطبية
يمكنكم التواصل عبر مراكز العمل وزارة الصحة
@SaudiMOH 937

General Knowledge



الماء نبع الحياة والصحة الدائمة

مؤشرات قلة شرب الماء

The diagram shows a human silhouette with lines pointing to various parts of the body, each associated with a symptom of dehydration. The symptoms are listed in Arabic on both sides of the body. At the top, there is a red banner with the title 'الماء نبع الحياة والصحة الدائمة' (Water is the source of life and permanent health). Below it, a blue box contains a water drop icon and the text 'مؤشرات قلة شرب الماء' (Signs of low water intake). The symptoms are: نسيان (Forgetfulness), جفاف العين والفم (Dry eyes and mouth), فقدان القدرة على ضبط حرارة الجسم (Loss of ability to regulate body temperature), إمساك (Constipation), جفاف الجلد (Dry skin), and فقدان التوازن (Loss of balance).

- النسيان
- جفاف العين والفم
- فقدان القدرة على ضبط حرارة الجسم
- إمساك
- جفاف الجلد
- فقدان التوازن

السكروز، الجلوكوز، الفركتوز، النشاء، البروتين والألياف والمعادن المغذية مثل اليوتاسيوم، الكالسيوم، الفوسفور، الحديد، الصوديوم، الزنك والمغنسيوم، كما يحتوي على فيتامينات أ، ب، ج، هـ، وتحتوي قشور الأرز على الفلافونويدات التي تعمل كمضادات أكسدة.

التحميف

يتميز طعم التحميف بنكهة الخشب، وهو من أفضل أنواع العسل. يتميز بخصائصه المضادة للبكتيريا، ويستخدم في علاج التهابات الحلق والربو. كما أنه مفيد في علاج مشاكل الجهاز الهضمي.

التبريد

يتميز طعم التبريد بنكهة اللافندر، وهو من أفضل أنواع العسل. يتميز بخصائصه المضادة للبكتيريا، ويستخدم في علاج التهابات الحلق والربو. كما أنه مفيد في علاج مشاكل الجهاز الهضمي.

التجميد

يتميز طعم التجميد بنكهة اليوكالبتوس، وهو من أفضل أنواع العسل. يتميز بخصائصه المضادة للبكتيريا، ويستخدم في علاج التهابات الحلق والربو. كما أنه مفيد في علاج مشاكل الجهاز الهضمي.

مواد مغذية

- الاحماض الدهنية
- الكربوهيدرات

مواد كيميائية

- مضادات الأكسدة
- المعادن

- اغسل التمر بماء جارٍ، لأن ذلك قد يقلل بقايا المبيدات والمواد الكيميائية.
- تجنب استعمال المياه المستخدمة في غسل التمر أكثر من مرة.

20% من المصابين بالآلوهز من ممارسون الرياضة مرة فقط أسبوعيا

الرياضة تقلل من الضغط العصبي

- يقلل من مستويات القلق
- يقلل من زيادة ممارسة الرياضة
- يقلل من زيادة التوتر مع زيادة الوقت الذي تضيئه على هاتفك
- يقلل من زيادة ممارسة الرياضة

تم إجراء دراسة جديدة على ٨٥٠ طالب من ممارسي الرياضة بأنواعها المختلفة

- طلب منهم التراجع عن أوقات الشعور بالإحباط والقلق وكذلك طلب منهم إجراء ٣ اختبارات للصحة النفسية
- استنتج الباحثون أن هؤلاء الطلبة تمتعوا بصحة نفسية وعقلية أفضل من زملائهم الذين لا يمارسون الرياضة

وتظهر الدراسات أن من قاموا بممارسة التمارين الرياضية في طفولتهم يقل لديهم الشعور بالقلق والآن

كما أن ممارسة الرياضة في الأعمار الصغيرة تساعد على منع الإصابة بالأمراض النفسية

أرقام تعني الكثير لصحة جسمك

تأمينك من حقل

60/100

المعدل الطبيعي لنبضات القلب في الدقيقة الواحدة

10/20

ملم رتق
معدل الضغط الطبيعي داخل العين

120/80

ملجم
مستوى السكر الطبيعي في الجسم

200

ملجم
نسبة الكوليسترول الطبيعية في الدم

120/80

معدل ضغط الدم الطبيعي

24.9-18.5 /20

معدل الكتلة المثالي "الوزن كلجم / الطول م"
النسبة المثالية لوزن جسم الإنسان

8-6 ساعات

من النوم يوميا

5 حصص

من الفواكه والخضروات يوميا

150 دقيقة

النشاط البدني في الاسبوع

Your Health

Getting your workplace ready for #COVID19



Promote regular and thorough hand washing. Put sanitizing hand rub dispensers in prominent places around the workplace and provide access to places where staff, contractors, and customers can wash their hands with soap and water.



#Coronavirus

Getting your workplace ready for #COVID19



Your employees should comply with any local restrictions on travel, movement or large gatherings.



#Coronavirus

COVID-19 spreads primarily from person to person

- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands



11 Mar 2020

وزارة الصحة
Ministry of Health

The Proper way to wash your hands

1. Wet your hands with water.
2. Apply soap.
3. Rub your hands together.
4. Rub the palms of your hands against each other.
5. Rub the backs of your hands against your palms.
6. Rub the fingers of one hand against the palm of the other.
7. Rub the thumbs of both hands against the palms of both hands.

When

- Before and after preparing food
- After coughing and sneezing
- After using the toilet

Wash your hands with soap and water for 40 sec or alcohol-based hand sanitizers for 20 sec

MOH initiative
عيشة
بهدئة
Use Well

© www.moh.gov.sa | ☎ 937 | 📺 SaudIMOH | 🌐 MOHPortal | 📱 SaudiMOH | 📧 Saudi_Moh

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

Your Health



لبس الكمامة بالطريقة الصحيحة يزيد من كفاءتها في الحماية من فايروس كورونا فاحرص دائماً على



تغطي الفم والأنف



خالية من العيوب



حمل تطبيق توكلنا وساعدنا في امتواء الوباء ومنع إنتشاره



رموز الحالة الصحية في توكلنا ودلالاتها

www.moh.gov.sa | 937 | SaudiMOH | MOHPortal | SaudiMOH | Saudi_Moh

Al-Dabal School



مضانة الدبل
AL DABAL KINDERGARTEN



الأطفال هم محور حياتنا جميعاً فهم مصدر الحب والرعاية والاهتمام، والطفل محاط بمراكز التعلم والتعليم ... فابتهامته ضياء، وفرحته وفاء، وخطواته ترسم الأمل وتبهر المستقبل.. من هنا حرصنا في روضة وحضانة "سوسن خالد الدبل" مثلاً ومربيون وأولياء أمور أن نرعى هذا الصرح وفق مبادئ التربية والتعلم آخذين بعين الاعتبار خصائص الطفولة، شعارنا (اللعب وأتعلم وأستمتع) بعيداً عن الريح المادي واستغلال حاجة الطفل ورغباته .. مع مراعاة المتغيرات العصرية وتحولاتها دون المساس بالتوازي مستعنيين بالله أولاً، ثم بالشراكة المجتمعية ثانياً. نسير بخطى ثابتة ورؤية واضحة، نثبت أنفسنا من خلال استقطابنا لكفاءات عالية وذو خبرات تربوية متميزة خاصة في مجال الطفولة .

لقد أثبتنا في روضة وحضانة "سوسن خالد الدبل" تحملنا للمسؤولية التامة من خلال استقبال الأطفال دون توقف وذلك خلال الجائحة الحالية "كوفيد 19" مع التقيد بجميع الإجراءات الاحترازية لسلامة للأطفال مما كان له الأثر الكبير لدى الأهالي، (ولأن غالبية أولياء الأمور ممن يعملون في القطاع الصحي والتعليمي فكان وجود أطفالهم معنا فرصة تسمح لهم التفرغ التام وذلك لانجاز أعمالهم خلال هذه الجائحة وبدون القلق على أطفالهم). تعتبر روضة وحضانة الدبل واقع أثبت وجوده، فالحمد والشكر لله وإلى جميع من ساهم في هذا الدعم. ونحن ك فريق واحد متكامل من معلمين وإداريين نعمل جاهدين لتوفير البيئة المناسبة لأطفالنا وتنمية قدراتهم ليمكنوا من إكمال مسيرتهم التعليمية بالمدارس والجامعات، كي يخوضوا شتى مناحي الحياة وذلك لخدمة وطنهم، فالطفل اليوم هو الأب والمعلم والجندي والطيار والمهندس والطبيب غداً، وكذلك الطفلة اليوم هي الأم والمعلمة والمهندسة والطبيبة غداً.

لذلك فنحن جميعنا مسؤولون لتنشئة جيل واع متمسك بالقيم الإسلامية وعلى استعداد لخدمة الوطن في كافة المجالات.

مديرة ومنسوبي روضة الدبل

أ. ضحى الموسى



Squash Challenge

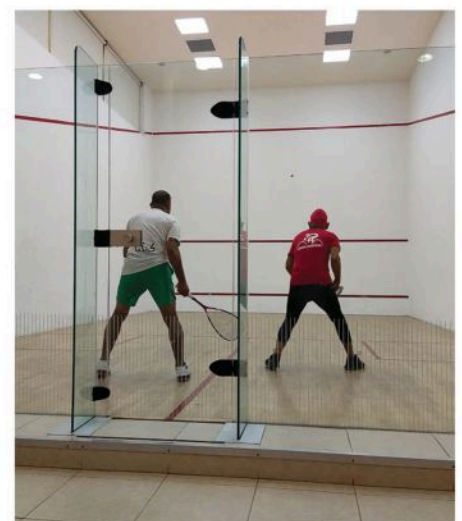
Mr. Abdulrahman K. Al-Dabal Chairman and Mr. Adel K. Al-Dabal Executive Vice Chairman during their Squash match activities



Chairman of SGB Al-Dabal Mr. Abdulrahman K. Al-Dabal and Executive Vice Chairman Mr. Adel K. Al-Dabal during the squash match



Mr. Abdulrahman K. Al-Dabal, Mr. Adel K. Al-Dabal, Ali Al-Ashban and Mr. Hasan Nagi at the Squash Court.



Biking Team



Al-Dabal Biking Team-Tour Du Golf biking Kickoff Awarding



Biking Team



Al-Dabal Biking Team - Koby Ride



Biking Team



Al-Dabal Biking Team - "SAAREI goYears" "سارعي 90 عاما"



Al-Dabal Family Wedding

Abdulaziz Mohammed Al Dabal wedding ceremony



Al-Dabal Family Wedding

Saud Mohammed Al Omar wedding ceremony



Al-Dabal Family Wedding

Dr. Aisha Baadheem wedding ceremony



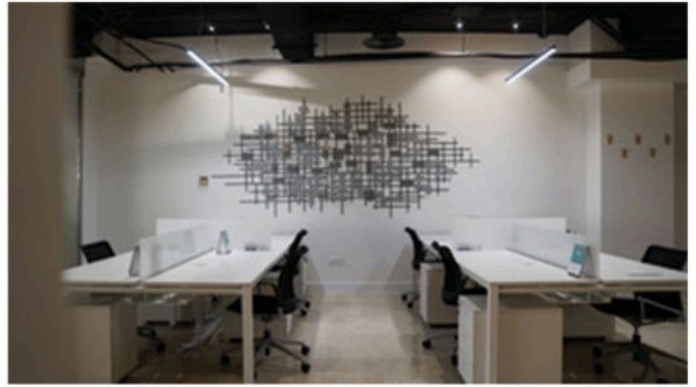
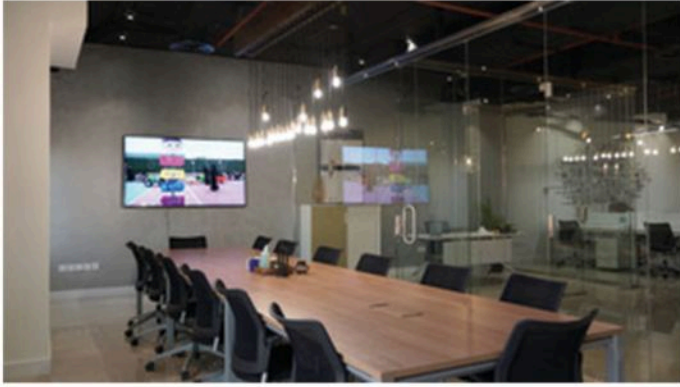
Al-Dabal Family Wedding

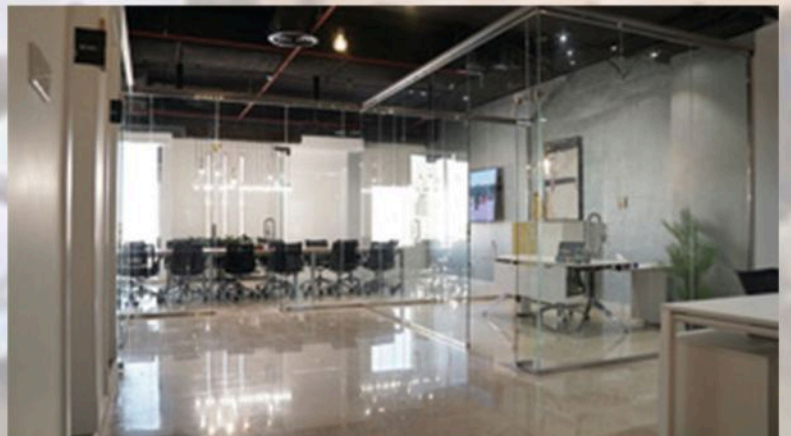
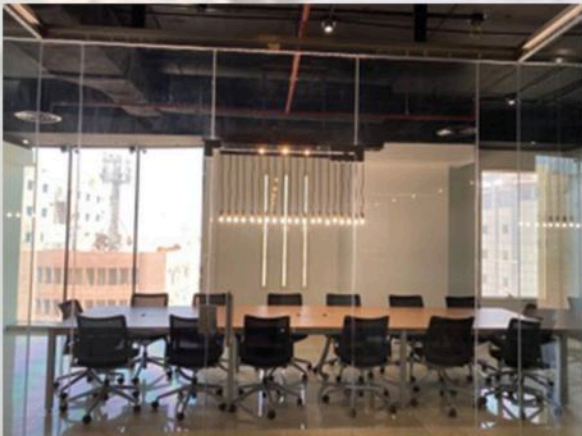
Adwa'a Al-Fuhaid wedding ceremony





"جمعية أحفاد خالد"
تم بحمد الله افتتاح المقر الرئيسي لجمعية أحفاد
خالد الدبل الخيرية الواقع في برج الدبل التجاري
في 12 ديسمبر 2020.





Abdullah Al-Dabal Tournament

برعاية صاحب السمو الملكي
الأمير تركي بن محمد بن فهد آل سعود



دورة الدبل الرياضية

عبدالله بن خالد الدبل

(يرحمه الله)

Abdullah Al-Dabal Tournament

Since the tournament was not held in 2020 due to Covid 19 pandemic, please find below the winning teams during the past 6 tournaments



2020 Champion



2019 Champion



2018 Champion



2017 Champion



2016 Champion



2015 Champion

Abdullah Al-Dabal Tournament

أنشطة أعضاء اللجنة المنظمة لبطولة عبدالله الدبل الرياضية أثناء زيارتهم لبعض المستشفيات ودور المسنين



Publishers

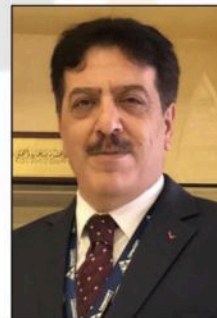
Khalid Abdullah Al-Dabal
Business Development Manager



Reda Farag
Administration Manager



Mahmoud Abdullah
Procurement Manager



Eduardo SF. Salvo Jr.
I.T. Administrator /Layout Artist



For your online inquiries please contact us at our official email address
info@sghdabal.com



Al-Salam Hospital - Al-Khobar

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