

# NEWSLETTER

The Crucial Role Of Sustainable Engineers

- Continuing Our Commitment
- Burger Day Bash
- D-U-N-S Certification
- Career & Job Forum And Fair
- Wellness Partnership
- Star Smiles Clinic Event
- Completion of Al Moosa Project

# يـوم بدينـا OUR STORY

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#### **MONTHLY SPECIAL**







KING SALMAN BIN ABDULAZIZ AL SAUDI, THE CUSTODIAN OF THE TWO HOLY MOSQUES, ISSUED A ROYAL DECREE TO COMMEMORATE THE FOUNDING DAY ANNUALLY ON FEBRUARY 22ND, WHICH REPRESENTS THE KINGDOM OF SAUDI ARABIA'S DEEP HISTORICAL, CIVILIZATIONAL, AND CULTURAL ROOT WHEN IMAM MUHAMMAD BIN SAUD ESTABLISHED THE FIRST SAUDI STATE IN 1139 AH / 1727 CE.

What is Founding Day? It is a national occasion to commemorate the founding of the Saudi State by Imam Muhammad bin Saud started three centuries ago, as the Imam established a political entity that achieved unity, stability, and prosperity. On that day, Diriyah became the capital of the first Saudi State.

Why do we celebrate Saudi Foundation Day? The founding day commemorated the three centuries of the existence of the Saudi State, highlighting its historical and civilizational depth, celebrating its diverse cultural heritage, and expressing devotion to the imams, kings, and citizens who service the nation.

**Why February 22nd?** Imam Muhammad bin Saud assumed power in Diriyah in the second half of the year 1139 AH. Therefore, Jumada II 30, 1139 AH (February 22, 1727 CE) had been selected as the date for the founding of the first Saudi State.

What is the difference between the Founding Day and the National Day? The Founding Day, February 22, 1727 CE, is the day for the founding of the first Saudi State (the founder, Imam Muhammad bin Saud). However, the National Day, September 23, 1932 CE, is the day for the declaration of Saudi Arabia's unification at the hands of the unified King Abdulaziz bin Abdul Rahman AI-Faisal AI Saudi, may Allah rest his soul.

#### Founding Day Objectives:

- Honor the solid roots of the Saudi state.
- · Honor the strong bond between citizens and their leadership
- Honor the accomplishments of the Saudi state in terms of unity, stability, and security.
- Honor the first Saudi state's resilience and defense against enemies.
- Honor the continuity of the Saudi state and the restoration of its roots and leadership.
- Honor the national unity of Saudi Arabia, which Abdulaziz bin Abdul Rahman bin Al Faisal Al-Saud established.
- Honor the kings' King Abdulaziz's sons' achievements in promoting unity and development.

#### MONTHLY SPECIAL



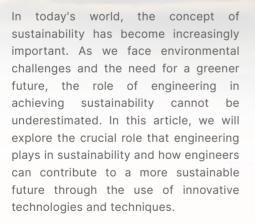
### **CELEBRATING FOUNDING DAY**

First Fix proudly celebrated the Founding Day of Saudi Arabia, a momentous occasion that holds great significance for our nation. With hearts filled with pride and gratitude, we gathered to commemorate this special day with various activities and festivities. From traditional performances to cultural displays, the spirit of unity and devotion was noticeable throughout.



#### **MONTHLY SPECIAL**

# THE CRUCIAL ROLE OF SUSTAINABLE ENGINEERS IN EVERY COMPANY



#### THE IMPORTANCE OF SUSTAINABILITY IN ENGINEERING:

Sustainability is about meeting the needs of the present without compromising the ability of future generations to meet their own needs. Engineering, as a discipline that designs, builds, and improves infrastructure and systems, plays a significant role in achieving sustainability goals. From developing renewable energy solutions to designing eco-friendly buildings and implementing efficient transportation systems, engineers have the power to make a real impact on sustainability efforts.

#### INNOVATIVE TECHNOLOGIES FOR SUSTAINABLE ENGINEERING:

One of the ways engineering contributes to sustainability is through the development and application of innovative technologies. Engineers are at the forefront of creating solutions that reduce environmental impact and promote sustainable practices. For instance, renewable energy technologies such as solar power, wind turbines, and hydroelectric systems are revolutionizing the energy sector, providing clean and sustainable alternatives to fossil fuels.

Furthermore, engineers are exploring advancements in energy storage systems, such as batteries and hydrogen fuel cells, to enable a more reliable and efficient integration of renewable energy into the grid. Additionally, smart grid technologies are being developed to optimize energy distribution, minimize waste, and empower consumers to make sustainable choices.



#### **DESIGNING SUSTAINABLE INFRASTRUCTURE:**

Another crucial aspect of sustainable engineering is the design and construction of eco-friendly infrastructure. Engineers can incorporate sustainable design principles into building projects, including energy-efficient systems, passive design strategies, and the use of environmentally friendly materials. By implementing sustainable construction practices, engineers can significantly reduce the environmental footprint of buildings and promote resource conservation.

Transportation is another key area where engineering can contribute to sustainability. Engineers can design and develop sustainable transportation systems, such as electric vehicles, public transportation networks, and intelligent traffic management systems. These innovations can help reduce carbon emissions, alleviate congestion, and enhance overall transportation efficiency.

SUSTAINABILITY IS ABOUT MEETING THE NEEDS OF THE PRESENT WITHOUT COMPROMISING THE ABILITY OF FUTURE GENERATIONS TO MEET THEIR OWN NEEDS. ENGINEERING, AS A DISCIPLINE THAT DESIGNS, BUILDS, AND IMPROVES INFRASTRUCTURE AND SYSTEMS, PLAYS A SIGNIFICANT ROLE IN ACHIEVING SUSTAINABILITY GOALS.

#### COLLABORATION AND MULTIDISCIPLINARY APPROACHES:

Achieving sustainability goals requires collaboration among various disciplines. Engineers need to work closely with environmental scientists, policymakers, and stakeholders to develop holistic and comprehensive solutions. By embracing multidisciplinary approaches, engineers can address complex sustainability challenges and create integrated systems that balance environmental, social, and economic considerations.

#### **CONCLUSION:**

The needs of having a sustainable engineer in ever company is becoming a crucial and essential to transfer the know-how of sustainability into each department of construction company, choosing sustainable engineering offers various benefits, including making a positive environmental impact, taking social responsibility, fostering innovation and problem-solving and finding personal fulfilment in meaningful work.

The primary goal of a sustainable engineer is to design and implement engineering solutions that minimize negative impacts on the environment.

The key responsibilities of a sustainable engineer include:

**Environmental protection** – design and implement engineering solutions that minimize waste, pollution and resource usage to have a lower impact on the planet.

**Corporate social responsibility** – assist businesses in improving their sustainability performance by implementing sustainable practices and technologies.

**Collaboration** – work with architects, urban planners, policymakers, and other professionals to promote sustainable practices in various engineering and construction projects.

**Waste management** – develop waste management systems to reduce, recycle, and properly dispose of waste generated by industrial processes and communities.

**Sustainable materials** – seek out and utilize environmentally friendly and recyclable materials for construction and engineering projects.

#### FIRST FIX NEWS

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#### **EVENTS**

## CONTINUING OUR COMMITMENT

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Our team persisted with the housekeeping campaign this month at the Shura Project. With unwavering commitment, they relentlessly pursued their goal of maintaining cleanliness and tidiness on-site. Take a glimpse of our ongoing efforts in the latest set of photos. Together, we're making a lasting difference in our environment.





#### JEDDAH EVENT

Formula 1 is returning to Saudi Arabia this month, promising another thrilling race weekend filled with speed, adrenaline and entertainment.



#### KNOCKOUT CHAOS BOXING



#### **RIYADH EVENT**

Get ready for real-world combo moves. Knockout Chaos featuring two-time former unified World Heavyweight Champion Anthony Joshua and Francis Ngannou in a historical clash at the Kingdom Arena. Date: 8, March 2024.

MAKE SURE TO BOOK

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#### **HEALTH TIPS**

# BURGER DAY BASH

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Indulging in delectable burgers from Crave Burger, our Jeddah Head Office enjoyed a day filled with smiles and satisfaction.



HEALTH TIPS FOR A HEALTHY RAMADAN:

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During Ramadan, it's important to maintain a balanced diet and stay hydrated. Opt for foods that release energy slowly, like whole grains and proteins, and avoid sugary and fatty foods. Drink plenty of water before and after fasting hours to prevent dehydration. Additionally, incorporate light to moderate physical activity into your daily routine, such as walking, stretching, or yoga, to maintain muscle strength and flexibility. Most importantly, remember to listen to your body.

**Happy Fasting!** 







First Fix recently participated in the Career and Job Forum and Fair as a Golden Partner. It was an excellent opportunity to showcase our services and engage with potential candidates. Thank you to everyone who visited our booth and showed interest in learning more about First Fix.

### FIRST FIX'S SUCCESS AT CAREER AND JOB FORUM AND FAIR: A RECAP

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#### FIRST FIX NEWS





## **WELLNESS PARTNERSHIP**

Salus visited our offices, treating our employees to delicious meal samples and showcasing their wellness services.



# STAR SMILES CLINIC EVENT

Star Smiles Clinic visited our head offices in Riyadh & Jeddah to conduct comprehensive health checkups for all employees. As part of our commitment to employee well-being, the clinic offered skin and dental checkups, along with assessments for blood pressure, sugar levels, vision and hearing. This initiative aims to promote preventive healthcare and ensure that our team members are taking proactive steps towards their health and well-being.





## SUCCESSFUL COMPLETION OF THE AL MOOSA REHABILITATION HOSPITAL PROJECT

We are thrilled to announce the successful completion of the Al Moosa Rehabilitation Hospital project located in the heart of Al Ahsa's oasis. Spanning over 100,000 square meters, this facility is a testament to the seamless integration of modern architecture and cutting-edge medical care. The hospital consists of three buildings specializing in rehabilitation and extended care, with capabilities, technologies and cadres within an integrated hospital oasis. With a capacity of 300 beds, each thoughtfully designed as single rooms to ensure patients comfort, experience and privacy.

Our scope of work included all Main Utilities for the buildings along with complete Infrastructure works, including but not limited to, Electrical, Mechanical, ELV, Finishing and Interior Design works. At First Fix, we are deeply honored to have contributed to this landmark project. Our heartfelt thanks go out to everyone involved for their dedication and hard work in making this vision a reality.

