

OEUK Guideline Updates

The new OEUK guidelines were released in November 2025.

These new standards are more prescriptive and, in some areas, significantly stricter to ensure the highest levels of health and safety across the sector.



Medicals

Planning your OEUK Medical



You can book a last-minute medical, but you may not get your certificate on the day. To avoid delays in mobilising, **book your appointment at least 6 weeks in advance.**

Duration of Certification



Certificates can be issued for a maximum time of 2 years, though this **may be reduced** depending on your health or any medications.

Declaring Health Changes



Declare any changes to your health or medication before your medical, this ensures your checks are accurate and will help prevent delays in issuing certificates.

Changes to testing



Urinalysis and audiometry are only **tested during OEUK Medicals if clinically required** and may require the need of a second appointment.

Note: Audio is still required as a part of Health Surveillance.

Obtaining Medical Records



For your first OEUK Medical with Wood or a change in medical provider, you may need to send your **previous OEUK Medical records.**

Wood cannot access these due to confidentiality laws.

Risk Assessments



For certain medical conditions, your employer may need to carry out a **risk assessment** to review all aspects of your job role and implement change to ensure your safety.

Anyone in the UK can get their medical records for free by sending a **Subject Access Request (SAR)** to their previous Occupational Health provider. Note: These requests can take up to 30 days.

What to wear for your medical?



Follow OEUK's guidance for what to wear:

- **Oct- May: Wear three layers**
- **Jun- Sep: Wear two layers**

This ensures that your weight recorded at the medical is consistent with your mobilisation weight.

Health

Weight Limit Changes



OEUK has introduced a **maximum clothed weight limit of 124kg** for offshore workers, to be fully implemented in November 2026. Please refer to FAQ OEUKs.

Any employees 124kg and over will not have their OEUK certificate extended beyond November 2026. Those weighing over **117kg, will be issued a shorter duration certificate.**

Where possible, and if you have access to the information, ask your GP or any health service that has recorded your weight for a list of your weight measurements from the past two years. If your BMI is 40 or higher, your GP may also be able to check your HbA1c and cholesterol levels.

Medication Restrictions



Some medications aren't permitted offshore because they can make you tired, slow your reactions, or affect safety.



British National Formulary (BNF) for more information on medication



If your medications has warnings like 'may cause drowsiness', 'do not drive', 'avoid operating machinery', it may not be permitted offshore.

You can check your medication on the BNF website before your medical, and make sure to declare the dosage or any changes in advance of mobilising as this will require clearance.

What to bring to your medical:

Role Specific:



Crane Operators

All crane operators must bring an optician's report to your OEUK medical assessment.

The report must confirm the following:

- Minimal visual acuity of 6/6 binocularly (with correction if needed)
- Binocular vision
- No visual field defect
- Does not have diplopia



Rope Access

You must present a valid **Rope Access Certificate** before any OEUK certificate can be issued and evidence of work in the last 180 days.

A logbook can be used as evidence.

Note: Emergency Response Team (ERT) medical certificates can now be valid for up to 2 years, provided there are no health concerns. Previously, these certificates were typically limited to 1 year.

Pre-Existing Condition Guidance:



High Blood Pressure:

Ask your GP for a two-year record of your blood pressure readings and any current medications, bring this to your OEUK medical.

Arrive in good time to your appointment so you can relax and complete any necessary paperwork.



Diabetes:

Ask your GP for a two-year record of your HbA1c, blood pressure, weight, treatment targets and current medications (including any changes), bring this to your OEUK medical.



Heart Attack:

If you have had a heart attack, ask your GP for a two-year record of your blood pressure, cholesterol levels, weight, treatment targets, and current medications (including any changes), bring this to your OEUK medical.

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