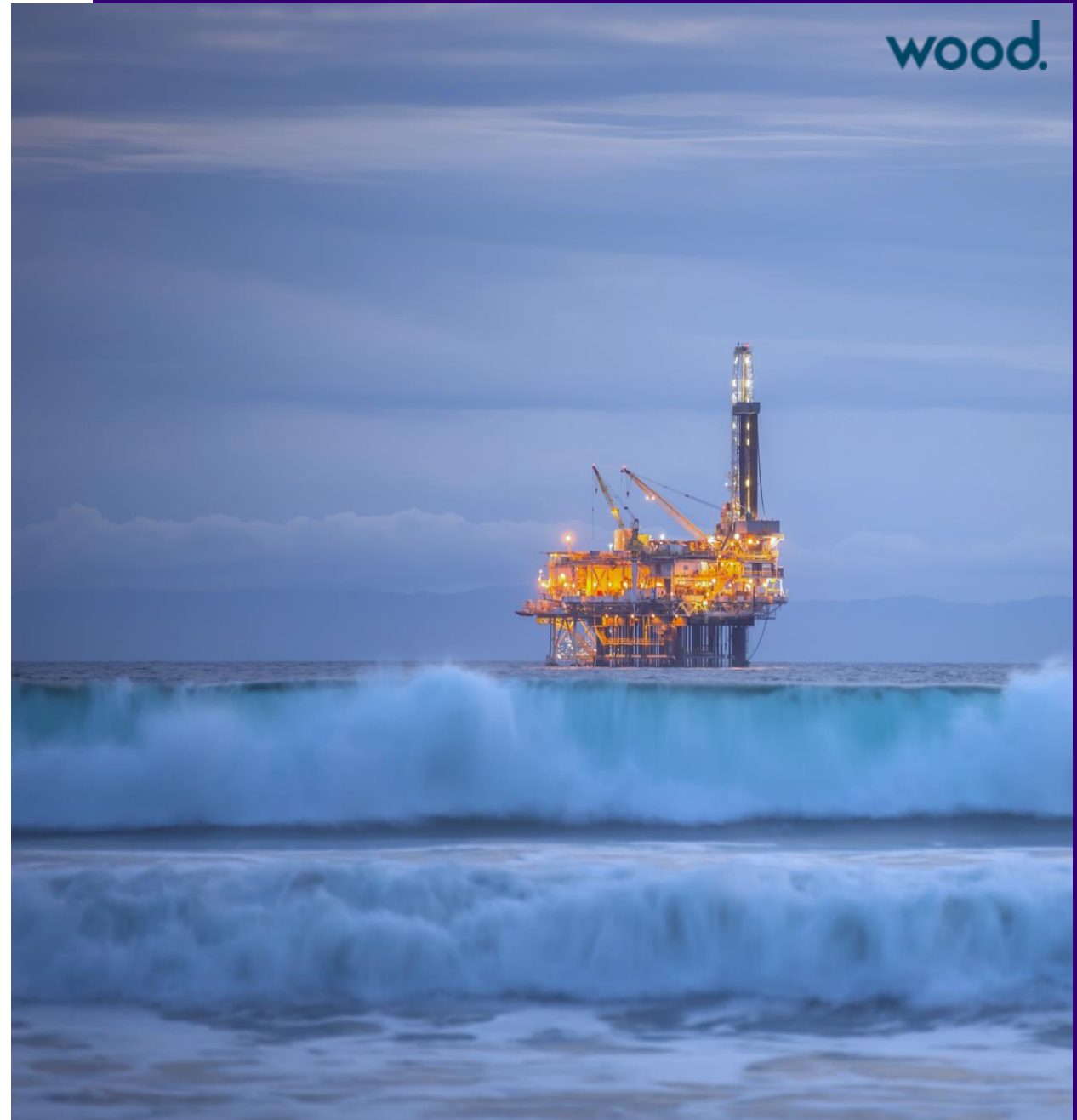




Offshore Weight Limit Guidelines

2026

wood.





Safety Weight Limit for **øEUK**

Why the Change?

Nearly **5%** of workers are now above **125kg**.
This trend affects the safe operation of rescue
equipment.



Marine
Rescue



Lifeboat
Loading



Stretcher
Rescue



Helicopter
Transport



Confined
Space

The offshore industry is collectively introducing a
clothed weight limit...

**Max of 124kg for all offshore
workers.**

When to expect the change?



The new limit for mobilisation
is effective from

1st November 2026

Supporting a Healthier Workforce: **Start Small**

Did you know?



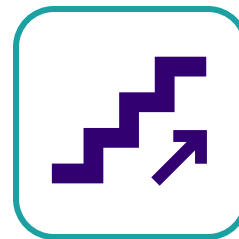
To stay fit and healthy, it is recommended you get at least **150 minutes of moderate physical activity a week**, or around 20 to 30 minutes a day.

Reflect on how much exercise you get now. Could you make some small changes?

**Small, simple changes help you add more activity into your daily routines - gradually build from there.
Set realistic goals for longevity and sustainability.**



Stand up regularly if you sit a lot- **try a quick stretch** every hour.



Take the stairs when you can, instead of using lifts or escalators.



If you are driving, **park further away** from your destination to **get more steps in**.

Supporting a Healthier Workforce: **Fitness**

Exercise isn't a one shoe fits all model – find what is enjoyable for you, and right for your body.



Walking is a great exercise because it is low impact and boosts overall health.



Did you play a **sport** when you were growing up? Why not get back into this and find some **local groups**? When you exercise together, it can provide encouragement and connection.



Body weight exercises and YouTube tutorials are a great alternative to gym memberships, and free of charge.

Download the NHS Couch to 5K app



A free running programme for beginners. The app sets a week-by-week plan, which can be completed in as little as 9 weeks- or longer, you set your own pace.

Why not join your local [ParkRun](#).

Download the NHS Active 10 app



Track and build up your daily walks- start with 10 minutes every day.

NHS recommend **10,000k Steps per day**.

Supporting a Healthier Workforce: Diet, The Eat Well Guide



Fruit and veg should make up 1/3rd of our diet- they are a good source of vitamins, minerals and fibre.

Aim for at least 5 portions of a variety of fruit and vegetables a day.



Starchy foods should make up just over 1/3rd of the food we eat.

Choose higher fibre or wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave the skin on potatoes.



Opt for lean meats and cut back on processed options such as bacon, ham and sausage.

Try beans, peas and lentils as a low-fat protein boost and include two portions of fish a week.



Milk, cheese and yoghurt provide protein and vitamins to support calcium and healthy bones.

Where possible, try to find a balance with semi skimmed mils or reduced fat cheese options.



Unsaturated fats , like those in oils and spreads, are healthier choices, but all fats are high in energy, so keep to small amounts. Foods high in fat, salt, and sugar such as chocolate, cakes and biscuits are not needed in our diet and should be eaten less often.

Supporting a Healthier Workforce: Diet

Adults should aim to eat an average of **2000-2500 calories a day**. This will vary from person to person depending on BMI, age, gender and activity levels.

Calculate how many calories you need with a [Calorie Calculator](#).



Why not use [MyFitnessPal](#) to track your diet and exercise to support your health goals.

This can help you understand whether foods are nutritious and good for you, or whether they are impacting your overall health.



Whilst its important to be sure we are not overeating; it is equally **important** to make sure we do **not under eat**.

Under eating can slow our metabolism and can disrupt energy/ hormone levels, leading to worse health.

Portion control, especially in an **offshore environment** with unlimited options, can sometimes feel tricky to get right.

Mindful eating and understanding when you are full means noticing the early signs of satisfaction before the point of feeling too full. Try not eat in front of the tv or with distractions.

Many snacks are packaged in '**share bags**' –but it's easy to eat the whole thing without realising and contain more than expected.

Have you ever looked at what a portion size is on the packaging?

Why not try portioning treats into smaller bowls?



If you have concerns about your weight and health management, please consult your GP for appropriate guidance.

Ensure any medications are declared before mobilisation.

Supporting a Healthier Workforce: Water

How does drinking water aid weight loss?

NHS guidance states adults should drink 6-8 glasses of water per day.



Sometimes we confuse thirst for hunger. Drinking water between meals can reduce unnecessary snacking and calorie intake. Why not get started early and start your day with a glass of water.



Drinking cold water can boost your metabolism, as your body works to warm the water to body temperature.



Being hydrated helps your digestive system work properly, which can reduce bloating.



Hydration supports exercise performance via energy levels, endurance and muscle function. If you are more hydrated, workouts may feel easier.



Replacing high-calorie drinks with water can help cut out a lot of 'empty' calories.



Water helps with overall body functions such as metabolising stored fat, transporting nutrients and in kidney/liver function. Dehydration will slow these processes down.

Supporting a Healthier Workforce: Empty Calories

It is easy for small habits to build up without us realising. Treats can creep into our diet and start to become daily routine before we know it, even though these not being staple foods in our diet.

Think about the snacks or drinks you have regularly, are there any you could reduce? You might try saving certain treats, like a packet of crisps or a bar of chocolate, to have once a week, rather than having them every day.

Empty calories are calories from foods/drinks that give you **energy but very little nutrition**- usually high in sugar or unhealthy fats.



Marabou chocolate is a popular choice for offshore workers.

These chocolate bars typically weigh 160g

One serving contains **134 calories**, which is equivalent to **three squares** of chocolate.

A **full bar** of Marabou chocolate contains a total of **788 calories**.

Can you think of any other foods that are examples of empty calories?

Supporting a Healthier Workforce: Sleep

How does sleep aid weight loss?



Supports hormonal balance, which helps reduce appetite and cravings. Even one night of poor or disrupted sleep can impact these hormones for up to 48 hours.
How does this impact those working night shifts?



Sleep supports **better decision making and reduces cravings**; poor sleep disrupts the brain's reward and impulse controls.



Sleep helps **regulate our metabolism and insulin**. Long-term sleep deprivation increases the risk of obesity and type 2 diabetes.



Adults are advised to get **7-9 hours sleep per night**. It is estimated 58% of adults in the UK do not get enough sleep per night.



Sleep deprivation can increase hunger signals to our brain. Getting just **1 hour of more sleep a night can suppress our appetite by 15%**.



Sleep influences **physical activity and energy levels**.



Poor sleep can make **maintaining weight loss much harder**.

Help @ Hand

Wood employees have access to Unum **Help@Hand** with free online:

- Nutritional appointments
- Personal training sessions
- Lifestyle Coaching
- Remote GP Appointments



Apple



Android



Weight Reviews

Weight Reviews are available for any **offshore employee** who has concerns regarding their weight. Appointments are available in the PAM Clinics in **Stockton and Aberdeen.**

Telephone/ video appointments can also be scheduled for advice and signposting.

Contact wood@pamgroup.co.uk or [08081642599](tel:08081642599) to schedule your review.

Appointments are in high demand; the team will book you in as soon as possible

Engagement Points

Are there any healthy changes you think could make to your lifestyle/ diet?

What small changes you could implement to your routine?

What are the biggest barriers to making any lifestyle and/or diet changes?

How does the offshore environment influence healthy lifestyles/diet? Are there any improvements you could make?

What commitment can you make today towards your health?



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