



What should I do before the **Safe Weight Limit** is enforced?

If you are above 124 kg (= 19½ st) you will need to lose weight to get below 124kg before 1st November 2026.

If you don't, then you will not be able to mobilise offshore.



Take healthy steps to lose weight:

- change your diet
- healthy eating plans
- exercise more
- step count/activity apps
- increase walking

Seek medical advice, where required, to ensure that you can reduce your weight in a healthy, safe and sustainable manner.



Seek support from your employer

There are a variety of weight loss approaches that can be adopted. Your employer is best placed to describe how they can support you to lose weight and we strongly encourage you to contact them.

Everyone's weight loss journey will be different.

Safety is everyone's responsibility

More information can be found on the website
www.œuk.org.uk or scanning the QR code >

