



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**

✓ **Seek support from your employer**

Everyone's weight loss journey will be different.



Scan the QR to read more about the **Safe Weight Limit Policy**