

New OEUK Guidance on Weight and BMI



OEUK (Offshore Energies UK) has released new guidance on how weight and obesity are managed during offshore medicals.

The goal isn't to exclude people but to identify risks early, offer advice, and support lifestyle changes to help keep workers fit for offshore work

BMI Categories

Everyone's BMI (Body Mass Index) is checked at their OEUK medical.

BMI	What it means for you
Under 30	No extra considerations
30-34.9	Some risk of health problems, advice on weight loss and healthy lifestyle
35-39.9	Higher risk of health issues, advice on weight loss and healthy lifestyle
40-44.9	High risk of medical complications. Short-term medical certificates (up to 3 months) may be issued. This may be extended with: 1. Further medical information from GP 2. Job risk assessment from employer In some cases, operator medical advisor approval may be required. Certificates will be shorter and reviewed more often.
45 +	High risk of medical complications. No certificate will be issued without: 1. Further medical information from the GP 2. Job risk assessment from the employer 3. Operator medical advisor approval Certificates will be shorter and reviewed more often.

What further medical information will be required?

If your **BMI is 40 or above**, extra checks are needed.

As a minimum, you will be asked to:

- Visit your GP for blood tests (to check for diabetes and heart risk).
- Complete a mobility test (such as a 6-minute walk) to ensure you can self-evacuate if needed.
- Provide your job classification from your employer

New Offshore Weight Limit Policy



OEUK has also introduced an industry-wide weight policy to ensure helicopter and emergency equipment can be used safely.

Weight measurements will include standard offshore clothing and footwear.

Key dates

- **1 November 2025 – 31 January 2026:** Awareness phase. Workers over 110kg will be informed of the 124kg limit, but no change to certificates yet.
- **1 February – 31 October 2026:** Transition phase.
 - Those **over 115kg** will receive **shorter certificates**.
 - Certificates for anyone **over 124kg** will **not extend beyond 31 October 2026**.
- **From 1 November 2026:** Full implementation.
 - Workers **over 124kg (clothed weight)** will **not be certified** for offshore work in the UK sector
 - Weights between **115–124kg** will result in **shorter certificate durations (3–6 months)**.

What do I need to do now?

- Know your BMI and current weight.
- If your BMI is above 30 or your weight above 110kg, start thinking about gradual lifestyle changes — diet, exercise, and sleep.
- Speak with your GP if you want support with weight management.
- If you're close to the 124kg limit, take action now to stay below it before the new policy is fully in place in November 2026.

Summary

- There's no fixed BMI cutoff for working offshore, but higher BMI increases risk.
- OEUK now uses a graded approach with advice, shorter certificates, and repeat health checks for those with higher BMI.
- A new maximum offshore weight limit of 124kg (in clothing) starts from November 2026.