

# Keeping in shape on board

The drilling contractor Maersk Drilling has implemented gyms and exercise facilities for employees on board all its drilling rigs. The facilities are frequently used and contribute to the overall welfare of the fleet.



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## Exercise in the ocean

For offshore workers, working on board means you won't always have access to the luxury of a gym.

But, for a number of years, Maersk Drilling has offered gym facilities on board all of its rigs, including dumbbells, bench press equipment and exercise bikes. The facilities are popular with offshore crews and are widely used.

## Fostering a healthy lifestyle

'It is important for Maersk Drilling to ensure that we have a healthy workforce,' says Kasper Sottrup-Jensen, Deputy Asset Manager of International Jack-ups in Maersk Drilling. 'Not only does it help our employees' health here and now, it also helps them lead healthy lives by creating healthy exercise habits and routines.'

In addition to gyms, some Maersk Drilling rigs offer a sauna, and all rigs offer a healthy meal choice for every meal. Several rigs also have their own initiatives, such as forming a team to participate in local running events.

Some of Maersk Drilling's larger rigs have unique facilities. The Maersk Guardian, for instance, has a small basketball court, and the Maersk Giant is equipped with a badminton court. Although not all rigs have room for that kind of exercise facility, every Maersk Drilling rig offers ample opportunity for the crew to meet their exercise needs.

## The benefits

'We know that exercise is a great contributor not only to physical, but also to mental wellbeing. Quite simply, exercise contributes to people's happiness and health,' says Erik Roesen Larsen, Head of Health, Safety, Security and the Environment in Maersk Drilling. 'In a way, exercise is a kind of basic insurance for people, something that helps us stay healthy and engaged for years to come.'

