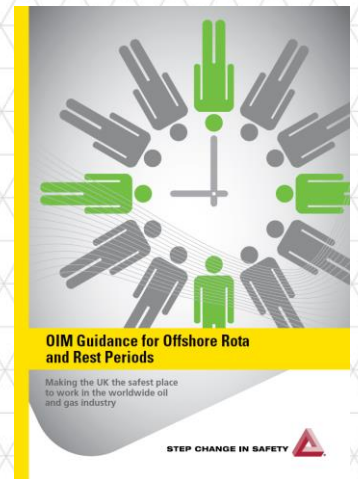


# OIM Guidance for Offshore Rota and Rest Periods

or effectively:

**‘Guidance to OIMs on the number of hours worked offshore and minimum rest periods when working on UK Continental Shelf’**



This document gives guidance to OIMs on the length of shifts worked offshore, trip duration and minimum rest and field break periods. It explains the limits on the number of days that can be worked offshore depending on shift duration.

The guidance also refers to general principles found in the HSE Policy on Working Hours Offshore 8/2008 and to key points in working time legislation.

**Summary:** Outlines the recommended maximum duration of shifts worked offshore and minimum duration of rest and field break periods.