

RIGRUN

Certified



Corporation

IMPACT SUMMARY 2026



EVERY CREW, EVERY BODY, EVERY REASON.

WHAT RIGRUN DELIVERS

Delivering significant and measurable improvements in workforce performance, safety and resilience.

Our Participants

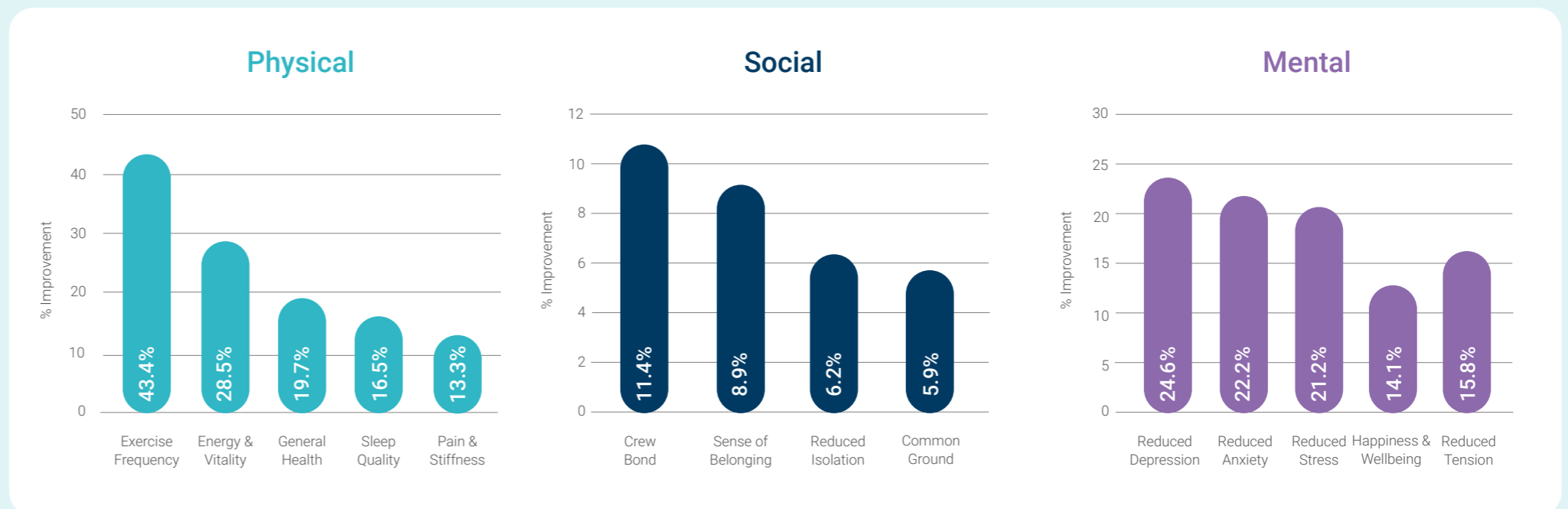
15 offshore energy companies

5,825 crew members

1,203 validated self-reported surveys

Headline Results

RigRun 2026 - Percentage improvement across all domains



21 out of 21 health and wellbeing metrics improved. All statistically significant.

What this means for business

- A more alert, energised and physically capable workforce
- Stronger cognitive performance and decision-making under pressure
- Improved crew cohesion, communication and safety behaviours

The bottom line

RigRun delivers measurable improvements in the leading indicators of safety, performance and workforce resilience.

WHY THIS MATTERS

01

The reality of offshore and remote work

- Long shifts, rotating schedules and disrupted sleep
- Extended time away from family and normal social support
- Physically and cognitively demanding, high-risk environments

02

Beyond wellbeing, this is a performance and risk-control issue

- Safety systems depend on human performance
- Fatigue, stress and isolation directly affect judgment, attention and decision-making
- Most incidents are shaped by Performance Influencing Factors (PIFs)

03

And increasingly it is a regulated risk that needs to be actively managed

- Social connection, mental health and fatigue are core safety considerations
- ISO 45003 identifies remote and isolated working as a psychosocial hazard

04

But most organisations focus on lagging indicators

- Incidents
- Lost time injuries
- Absence

05

Few systematically improve the conditions that prevent them

- Workforce readiness
- Cognitive performance
- Crew cohesion

06

To do so requires a practical, scalable way to improve

- Health and physical capacity
- Mental resilience and cognitive function
- Social connection and team cohesion



The bottom line

RigRun is designed to improve these conditions and deliver significant and measurable impact at scale.

WHAT RIGRUN DELIVERS

A wellbeing and performance driver to help people operate safely, reliably and effectively.

Three areas of impact

01

Workforce Readiness

- Increased energy, vitality and physical capacity
- Improved sleep and recovery between shifts
- Reduced fatigue and physical strain

Operational impact

Greater alertness, sustained performance across long shifts, reduced fatigue-related risk

02

Cognitive & Emotional Capacity

- Reduced stress, anxiety and depression
- Improved focus, resilience and mental clarity
- Greater ability to manage pressure and workload

Operational impact

Better judgement, clearer thinking and more consistent decision-making in high-risk environments

03

Crew Cohesion & Communication

- Stronger crew bonds and sense of belonging
- Reduced isolation in remote environments
- Increased engagement and shared purpose

Operational impact

More effective communication, earlier escalation of concerns, stronger safety behaviours

Procedures, equipment and systems create the conditions for safety. People determine whether they work.

RigRun strengthens the human factors that underpin:

- Attention and situational awareness
- Communication and teamwork
- Consistent execution under pressure

The bottom line

RigRun strengthens the human conditions that safety systems and safe operations depend on.

PROVEN IN THE REAL WORLD AT SCALE

RigRun's impact is demonstrated by results that are statistically robust and operationally meaningful.

Scale and Dataset

- 5,835 personnel participated across 15 operator companies
- 1,203 completed pre- and post-programme impact surveys
- Sample size places this study in the top tier of offshore workforce health research
- Survey developed in collaboration with the University of the West of Scotland
- Based on validated occupational health and psychosocial risk constructs
- Pre- and post-programme design enables true measurement of change

Definitive Result

- All 21 metrics improved
- All results were statistically significant



Standout improvements

Physical Readiness

- **+43%** increase in exercise frequency
- **+28%** improvement in energy & vitality
- **+16%** improvement in sleep quality

Cognitive & Mental Capacity

- **-24%** reduction in depression
- **-22%** reduction in anxiety
- **-21%** reduction in stress

Crew Cohesion

- **+11%** improvement in crew bond
- **-6%** reduction in isolation



The bottom line

As a scalable intervention that is proven across multiple operators and environments, RigRun delivers genuine population-level improvement and measurable change in leading indicators of safety and performance.

FROM MEASURABLE OUTCOMES TO OPERATIONAL VALUE

01 Reduce Risk

- Reduced fatigue and sleep disruption
- Reduced stress, anxiety and cognitive overload
- Improved communication and crew cohesion

Impact

Fewer human errors, earlier intervention, reduced likelihood of incidents

02 Improve Performance

- Higher energy and physical readiness
- Better focus, attention and decision-making
- Greater ability to sustain performance across long shifts

Impact

More consistent execution, fewer errors, improved operational reliability

03 Increase workforce reliability

- Reduced musculoskeletal pain and fatigue
- Improved mental health and resilience
- Increased engagement in healthy behaviours

Impact

Lower absence rates, reduced presenteeism, more effective workforce capacity

04 Boost engagement

- Increased sense of belonging and team cohesion
- Improved morale and shared purpose
- Positive workforce sentiment (91% positive responses)

Impact

Improved retention, stronger culture, a more engaged offshore workforce

RigRun's results translate directly into improvements in safety, workforce reliability and operational resilience.

05 Strengthen compliance

- Aligns with ISO 45003 requirements on psychosocial risk
- Demonstrates active management of fatigue, isolation and mental health
- Provides measurable evidence for audits and regulatory scrutiny

Impact

Stronger risk position, improved audit readiness, defensible safety strategy

The bottom line

By improving the conditions that shape human performance, RigRun strengthens operational reliability and reduces exposure to safety and performance risk.

A PROVEN, SCALABLE APPROACH TO IMPROVING PERFORMANCE

RigRun is not a generic wellbeing initiative, it is a targeted, intervention designed for remote, high-risk workforces.

What sets RigRun apart

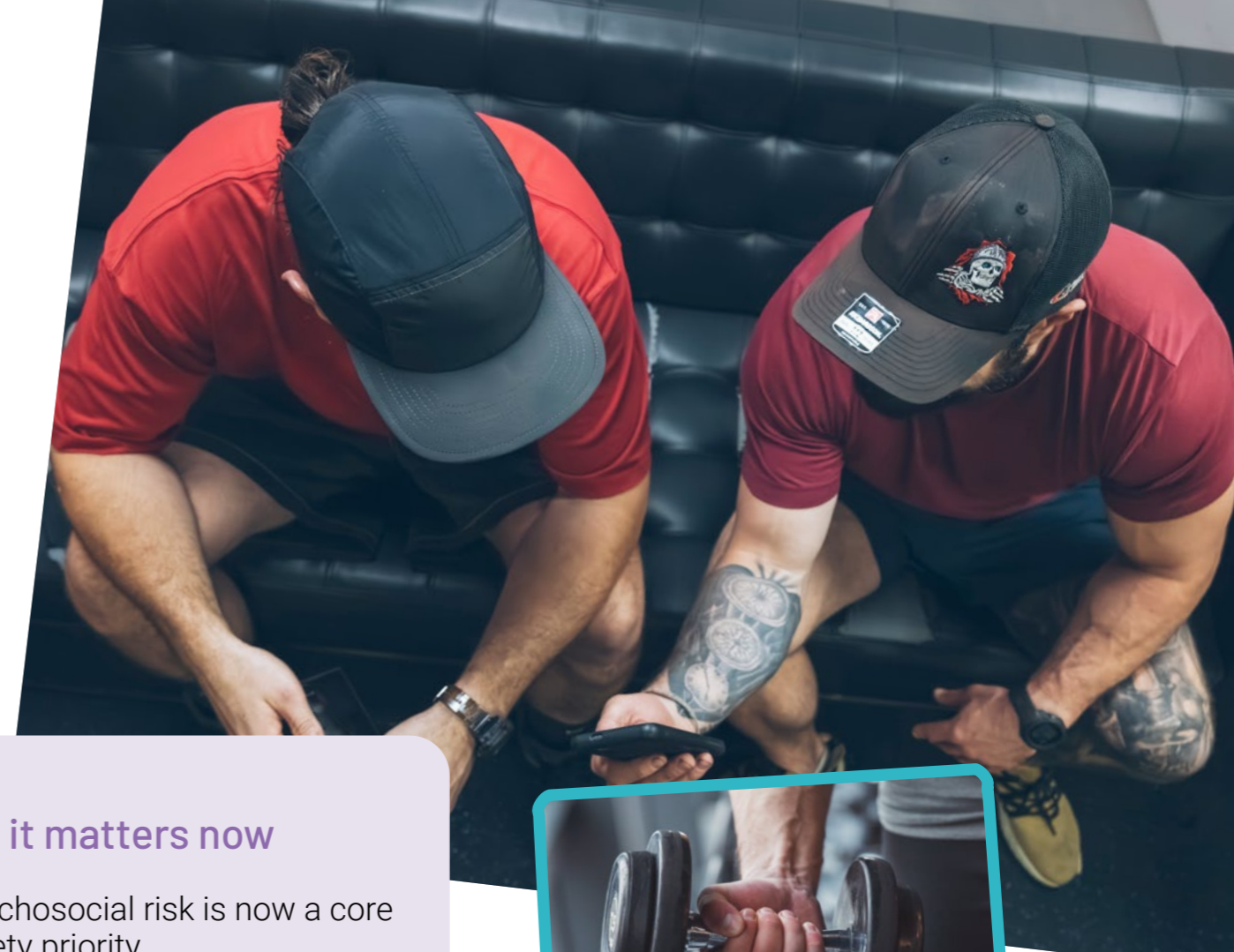
- **Proven at scale** across offshore and remote environments
- **Multi-domain impact** physical, mental and social
- **Measurable outcomes** across all key performance indicators
- **Scientifically grounded**, with validated methodology
- **Designed for real-world operations**, not controlled conditions

The evidence is clear

- 21 out of 21 metrics improved
- All results statistically significant
- Large and clinically meaningful effects in key areas
- Consistent results across multiple operators and installations

Why it matters now

- Psychosocial risk is now a core safety priority
- Human performance is under increasing operational pressure
- Regulators expect active management and measurable evidence
- Organisations need leading indicators, not just lagging outcomes



The bottom line

RigRun delivers measurable improvements in the conditions that determine whether your workforce performs safely, reliably and consistently.

**SEE HOW RIGRUN WORKS FOR
OFFSHORE AND REMOTE OPERATIONS.**

VISIT [RIGRUN.COM](https://rigrun.com)

Now available for deployment across
your offshore and remote workforces.

Request a copy of our full technical impact report.

RIGRUN