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## Medicals and a fitness competition – ESVAGT keeps itself in shape

**ESVAGT works hard to stay in shape. The ‘Esvagt Capri’ leads the fitness competition.**

ESVAGT’s ongoing fitness competition, where exercise is calculated in kilometres, training hours and points, has taken hold of employees. In the first 3 months of the competition, almost 100,000km worth of exercise has been sweated out, giving more than 5,500 hours of training.

”It really is quite astounding,” says Nick Ørskov, Head of People & HR for ESVAGT. “The kilometres and training hours are really getting a pounding –

especially on board the ships.”

As an extra initiative in this year’s fitness competition, ESVAGT is cooperating with Dr. Sanne Knutzen from the Offshore Medical Centre.

”We would like to offer all our employees an individualised health check with a doctor to help detect and prevent illness,” says Nick Ørskov and emphasises:

”It is on a completely voluntary basis and if someone wishes to take advantage of the offer, it is the employee who entirely sets the agenda for the consultation. Sanne Knutzen can, for example, offer advice on ways to stop smoking, lose weight and train,” he says.

The reason for this new initiative is that ESVAGT wants to be a company where employees continue to be healthy and maintain the already low rate of absence due to illness.

”We are very aware that our work demands physical and mental readiness for potentially demanding situations at sea. Our seamen need to be able to meet the medical requirements for their maritime certification for many years”

## **Scores**

Points gained during home periods and leisure time are also included, and that brings the ‘Esvagt Capri’ into first place so far with 352 points per employee – ahead of the ‘Esvagt Cobra’ with 317 points per employee. The office team rounds off the top 3 with 282 points per employee.

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ESVAGT is a dedicated provider of safety and support at sea, founded on an experienced and well-trained offshore crew and unmatched rescue capabilities.

We support the offshore Oil & Gas industries with a wide range of specialized services: Standby, Emergency Response and Rescue Vessels (ERRV), Oil spill response, Firefighting, Tanker assists, Rig moves, Supply services and Interfield transfer of cargo and personnel.

In 2010, ESVAGT brought the dedicated offshore wind Service Operation Vessels (SOV) to the market. The SOVs provide accommodation for up to 40 technicians, storage for small turbine parts and a workshop, plus personnel and equipment transfer capabilities by either Walk-to-Work gangway system or Safe Transfer Boats.

ESVAGT was founded in 1981 and has a fleet of more than 40 vessels and more than 900 employees on- and offshore.

## Contacts



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