

# **dont tell mum i work on the rigs**

**Don't tell mum I work on the rigs** is a phrase that captures the essence of a unique lifestyle embraced by many who work in the oil and gas industry. It reflects both the challenging nature of the job and the often-misunderstood perceptions held by those outside of this world. This article delves into the life of rig workers, the challenges they face, the reasons behind the secrecy, and the rich culture that surrounds this profession.

## **The Life of a Rig Worker**

Working on an oil rig is not for the faint-hearted. It involves long hours, physical labor, and often dangerous conditions. Workers typically spend weeks or even months at sea, away from their families and friends. The lifestyle can be isolating, and the work itself is demanding both physically and mentally.