



Corporate Sustainability Report

Summary Update

December 2020







Scotty Sparks
EVP & Chief Operating Officer
Helix Energy Solutions Group

To say 2020 has been an unexpected year is an understatement.

It's been a year in which we at Helix saw challenges, some of which we have seen before and some of which are new to everyone. While we faced these challenges head-on, incorporating new strategies and procedures to continue to prioritize the health and safety of our employees in the face of a global pandemic, **our employees also rose to new heights to safeguard their own health and safety and that of our customers, suppliers, their fellow employees and our communities.** Bolstered by our teams' diligence and commitment to comply with safety protocols, including testing and wearing masks, we have been able to proceed working globally in a safe and efficient manner.

We stated in our 2020 Corporate Sustainability Report that Safety, Sustainability and Value Creation are at the core of our Company. These tenets held true in a time of great uncertainty. Safety stood out this year as our continued number one priority, all the while with Sustainability and Value Creation remaining as underlying core principles that guide our decisions.

I wanted to take the opportunity to publicly commend our employees and provide them as well as our investors, customers and suppliers some additional insight into our Company. We understand the value of disclosures to our stakeholders and the importance of sustainable solutions to our customers. We continue to increase our commitment to sustainability and based on stakeholder and customer feedback, expand on the disclosures we provide.

We provided our annual Corporate Sustainability Report in early 2020. This interim Update will expand on the 2019 data disclosed in our 2020 Report and provide a brief preview of 2020 Safety Milestones (as of the dates set forth herein), and we plan to provide our next annual Report in mid-to-late 2021 based on our operations and activities in 2020.

Until then please know we are doing our very best to stay safe, and we hope you are doing the same.

Sincerely,

Scotty Sparks
EVP & Chief Operating Officer
Helix Energy Solutions Group





Social, Human and Labor Rights Statement

At Helix, social, human and labor rights have always been incorporated into the foundation of all our policies and procedures globally and it is increasingly apparent this year with our continued focus on safety and our human capital. We extend these basic rights to our employees, customers, agents and the communities in which we work.

We are committed, and likewise expect our partners, suppliers and vendors to be committed, to the following standards:

- Prohibiting child or forced labor
- Providing fair and equitable wages and benefits in accordance with local law
- The right to water is a fundamental right
- Promoting a workplace free of discrimination and harassment
- Active Board and Senior Executive Oversight of our anti-corruption program
- Recognizing an employee's right to freedom of association, including the right to join or form trade unions and bargain collectively



Corporate Governance and Nominating Committee

The Corporate Governance and Nominating Committee of Helix's Board of Directors oversees sustainability on an ongoing basis and will review environmental, health and safety, and social matters at each Committee meeting, and the Committee's Charter formally incorporates oversight of Environmental, Social and Governance ("ESG") matters as a stated responsibility of that Committee.



Political Advocacy

Helix paid \$0 in political contributions between January 1, 2019 and December 31, 2019.

Helix paid \$0 in Political Action Committee Contributions (PAC) between January 1, 2019 and December 31, 2019.



QHSE

Mike Newbury, Helix's Vice President of Quality, Health, Safety, and Environmental, reports directly to Scotty Sparks, Helix's Executive Vice President and Chief Operating Officer.



Environmental Facts

Helix had zero significant spills in 2019.¹

In 2019, Helix's fleet of vessels consumed 80,498.268 m³ of fuel globally.²

¹ We define "significant spill" as one resulting from Helix-operated activities with a severity rating of 3 (out of 5) and above on our internal severity rating scale.

² Fuel not from a renewable source



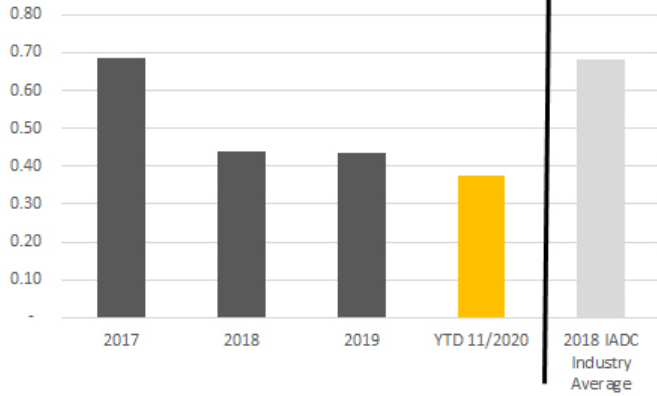




2020 Safety Snapshot

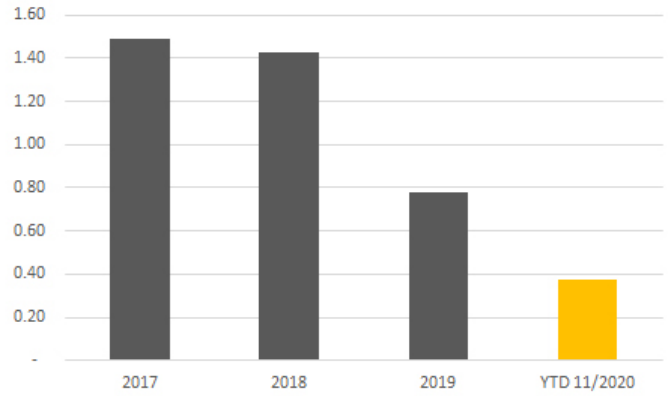
As of November 30, 2020

TRIR



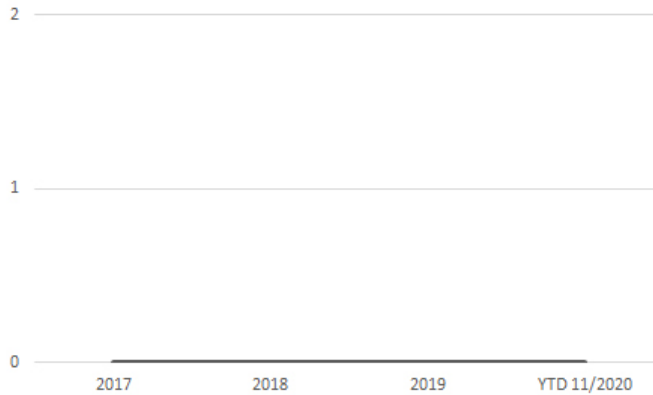
14 % Year over Year Improvement in Total Recordable Incident Rate*

High Potential Incident Rate



51 % Year over Year Reduction in High Potential Incidents*

Fatalities



Zero Work-Related Fatalities



**3,733,928
TOTAL GLOBAL
MAN HOURS***



**NEAR MISS
FREQUENCY RATE:
3% REDUCTION***

* As of November 30, 2020





2020 Safety Milestones

As of December 14, 2020



 Helix Global Offices

 Area of Operations





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Forward-Looking Statements

The 2020 Corporate Sustainability Report and this Summary Update contain forward-looking statements that involve risks, uncertainties and assumptions that could cause our results to differ materially from those expressed or implied by such forward-looking statements. All statements, other than statements of historical fact, are “forward-looking statements” within the meaning of the Private Securities Litigation Reform Act of 1995, including, without limitation, any statements regarding the ongoing COVID-19 pandemic and recent oil price volatility and their respective effects and results, our protocols and plans, our current work continuing, the spot market, our spending and cost reduction plans and our ability to manage changes; our strategy; any statements regarding visibility and future utilization; any projections of financial items; any statements regarding future operations expenditures; any statements regarding the plans, strategies and objectives of management for future operations; any statements regarding our ability to enter into, renew and/or perform commercial contracts; any statements concerning developments; any statements regarding future economic conditions or performance; any statements of expectation or belief; and any statements of assumptions underlying any of the foregoing. Forward-looking statements are

subject to a number of known and unknown risks, uncertainties and other factors that could cause results to differ materially from those in the forward-looking statements, including but not limited to the results and effects of the COVID-19 pandemic and actions by governments, customers, suppliers and partners with respect thereto; market conditions; results from acquired properties; demand for our services; the performance of contracts by suppliers, customers and partners; actions by governmental and regulatory authorities; operating hazards and delays, which include delays in delivery, chartering or customer acceptance of assets or terms of their acceptance; our ultimate ability to realize current backlog; employee management issues; complexities of global political and economic developments; geologic risks; volatility of oil and gas prices and other risks described from time to time in our reports filed with the Securities and Exchange Commission (“SEC”), including our most recently filed Annual Report on Form 10-K and in our other filings with the SEC, which are available free of charge on the SEC’s website at www.sec.gov. We assume no obligation and do not intend to update these forward-looking statements, which speak only as of their respective dates, except as required by the securities laws.

Social Media

From time to time we provide information about Helix on social media, including:

- Twitter: [@Helix_ESG](https://twitter.com/Helix_ESG)
- LinkedIn: www.linkedin.com/company/helix-energy-solutions-group
- Facebook: www.facebook.com/HelixEnergySolutionsGroup
- Instagram: www.instagram.com/helixenergysolutions





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