

Assessed for eligibility N = 1.341 and enrollment N = 395

Company A - Assessed N = 116 enrolled N = 41
Company B - Assessed N = 223 enrolled N = 107
Company C - Assessed N = 469 enrolled N = 104
Company D - Assessed N = 196 enrolled N = 53
Company F - Assessed N = 195 enrolled N = 42
Company E - Assessed N = 142 enrolled N = 48

Enrollment

Excluded (N = 6)

- Not meeting inclusion criteria (pregnancy) (N = 6)

Randomized N = 389

Allocation

Allocated to training group
N = 194

Allocated to control group
N = 195

Follow-Up

Lost to follow-up N = 41

- Left job N = 36
- dismissed N = 2
- Lack of motivation N = 3

Lost to follow-up N = 43

- Left job N = 37
- dismissed N = 2
- Lack of motivation N = 4

Analysis

Analysed N = 153

Completers with =>70 % adherence N = 102

Analysed N = 152