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

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

Randomized N = 389

Allocated to training group N = 194

Allocated to control group N = 195

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

Analysed N = 153
Completers with =>70% adherence N = 102

Analysed N = 152