854 Questionnaires sent

- 185 Did not reply

659 Replied

- 104 Declined participation
- 28 Excluded

537 included and randomized

- 282 allocated to training
  - 6 Excluded by researchers due to health reasons
  - 33 Withdrawn from the study (3 left company)
  - 211 included in analysis, 32 did not reply
- 255 allocated to control
  - 3 Excluded by researchers due to health reasons
  - 9 Withdrawn from the study (2 left company)
  - 237 included in analysis, 6 did not reply