Randomised inclusion of construction companies to guidance strategies

(n = 12)

Face-to-face strategy

(N = 6)

Telephonic meeting with contact person of steering committee to:
1. Define objective of the intervention
2. Format steering committee
3. Gain knowledge of physical work demands and possible measures to reduce them

Meeting 1 of steering committee: Selection of ergonomic measure

Obtain ergonomic measure and an expert for training by contact person of steering committee

Meeting 2 of steering committee: Testing ergonomic measure and discussing hindrances

Defining pre-conditions of daily work and interventions on hindrances of ergonomic measures by contact person of construction company

Meeting 3 of steering committee: Testing ergonomic measure in daily practice and discussing hindrances

Interventions on hindrances found in daily work by contact person of construction company

Meeting 4 of steering committee:
1. Decision to implement ergonomic measure
2. Making an implementation strategy
3. Evaluation of process
4. Ending to counselling

E-strategy

(N = 6)

E-mail 1:
1. Define objective and process to contact person within the company
2. Format steering committee

E-mail 2:
Gain knowledge of physical work demands and possible measures to reduce them

E-mail 3:
Content of first meeting of steering committee

Meeting 1 of steering committee: Selection of ergonomic measure

E-mail 4:
Obtain ergonomic measure and an expert for training

E-mail 5:
Content of second meeting of steering committee

Meeting 2 of steering committee: Testing ergonomic measure and discussing hindrances

E-mail 6:
Defining pre-conditions of daily work and interventions on hindrances of ergonomic measures

E-mail 7:
Content of third meeting of steering committee

Meeting 3 of steering committee: Testing ergonomic measure in daily practice and discussing hindrances

E-mail 8/9:
Interventions on hindrances found in daily work

E-mail 10:
Content of fourth meeting of steering committee

Meeting 4 of steering committee:
Decision to implement ergonomic measure

E-mail 11:
Making an implementation strategy

E-mail 12:
Evaluation of counselling process

E-mail 13:
Ending the counselling