Figure 1. Participants flow chart (numbers are expected to vary in the actual study)

Invited to participate: n=4152 workers, n=52-72 departments

Company 1
n=1384 workers
n=14-24 departments

Randomisation of departments
n=1384 workers
n=14-24 departments

Intervention group: n=692 workers
n=8-12 departments
Control group: n=692 workers
n=8-12 departments

An expected 50% will be initial non-responders

Intervention group: n=346 workers
n=8-12 departments
Control group: n=346 workers
n=8-12 departments

An expected 20% will be lost to follow-up

Intervention group: n=277 workers
n=8-12 departments
Control group: n=277 workers
n=8-12 departments

Company 2
n=1384 workers
n=14-24 departments

Randomisation of departments
n=1384 workers
n=14-24 departments

Intervention group: n=692 workers
n=8-12 departments
Control group: n=692 workers
n=8-12 departments

Company 3 and 4
n=1384 workers
n=14-24 departments

Randomisation of departments
n=1384 workers
n=14-24 departments

Intervention group: n=692 workers
n=8-12 departments
Control group: n=692 workers
n=8-12 departments

Intervention group: n=346 workers
n=8-12 departments
Control group: n=346 workers
n=8-12 departments

Intervention group: n=277 workers
n=8-12 departments
Control group: n=277 workers
n=8-12 departments