Assessed for eligibility (2 cohorts; in both 4 companies; 1079 conscripts)

Refused to participate (14 conscripts)

Excluded 28 conscripts (28 women)

Randomised (4 companies; 1037 conscripts)

Intervention group: anti-tank company (n=240),
engineer company (n=296)
536 conscripts

Lost to follow-up during two-week run-in period (n=35):
33 medical discharges,
2 applied for non-military service

Follow-up of 180 days or until drop-out:
501 conscripts analysed

Drop-outs after two-week run-in period (included in the analyses for the time they participated):
• 42 medical discharges
  (20 musculoskeletal disorders/injuries, 15 mental and behavioral disorders, 3 diseases of the respiratory system, 4 due to other diagnoses)
• 3 applied for non-military service
• 117 were moved to different company after the basic military training period (initial 8 weeks)
• 1 conscript was previously discharged and continued the service for 165 days

Completed intervention at 180 days
(n=338/501)
anti-tank company (n=132/222),
engineer company (n=206/279)

Control group: signal company (n=283),
mortar company (n=218)
501 conscripts

Lost to follow-up during two-week run-in period (n=34):
28 medical discharges,
5 applied for non-military service
1 missing patient record

Follow-up of 180 days or until drop-out:
467 conscripts analysed

Drop-outs after two-week run-in period (included in the analyses for the time they participated):
• 52 medical discharges
  (29 musculoskeletal disorders/injuries, 9 mental and behavioral disorders, 5 diseases of the respiratory system, 9 due to other diagnoses)
• 9 applied for non-military service
• 105 were moved to different company after the basic military training period (initial 8 weeks)
• 1 conscript was previously discharged and continued the service for 160 days

Completed intervention at 180 days
(n=300/467)
signal company (n=184/258),
mortar company (n=116/209)

Exposures and injuries were reported for
July 9, 2007 through January 4, 2008 (1st arrival)
January 7, 2008 through July 4, 2008 (2nd arrival)
or until drop-out