Reviewer's report

Title: Worksite interventions for preventing physical deterioration among employees in job-groups with high physical work demands: Background, design and conceptual model of FINALE

Version: 1 Date: 21 January 2010

Reviewer: Alex Burdorf

Reviewer's report:

This is a very interesting study, but for a better appreciation of the study more detail is required.

Major Compulsory Revisions

1. I strongly suggest to include a figure picturing the 3 RCT populations with the underlying arms, shortly described by the programme offered.

2. Intake and randomization is not well described. How are subjects approached for participation, who is doing the randomization, is this process concealed/blinded...a few more details would be appreciated (see CONSORT statement for some guidance)

3. A formal power calculation for each RCT should be presented in a separate section, based on the most relevant primary outcome measure.

4. The case-control study is not described, but only mentioned in the abstract. How is this study linked with the 3 RCTs, how are cases and controls defined, etc

5. A section on statistical analysis should be included, is intention-to-treat analysis conducted, per-protocol analysis, subgroup-analysis, cross-analysis over RCTs to evaluate effective components ??

6. The study would improve when a formal process evaluation is included, focusing on determinants of uptake, participation, and sustained behaviour..with attention to individually planned behaviour as well as social and physical environmental factors.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:
'I declare that I have no competing interests'