

All nursing aides/assistant nurses working in
five out of six units of the home-care services
were invited
n = 659

Drop-outs
n = 125

534 (81%) accepted

Excluded at 18 months, n = 91
Retired from work n = 26
Left work or off duty n = 63
Deceased n = 2

Study group I
n = 443

All participants who answered
the questionnaire at baseline.

At baseline, 383 reported no
sick leave due to neck, shoulder
and/or back disorders

Drop-outs
n = 109

Study group II
n = 274

Participants who answered the
questionnaire at the 18-month
follow-up