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Appendix 1

English summary of German study

Appendix 2

Summary of literature

Appendix 3

Data collection and capturing

Appendix 4

Data coding

Appendix 5

Ergonomics needs assessment form
Potential Ergonomics Issues List (PEIL)

Appendix 6

Power point presentation on basic back care

Appendix 7

Power point presentation of TRIM training

Appendix 8

Exercises

Appendix 9

Approval from ethics committee

Appendix 10

Medical surveillance forms