

APPENDIX B

Table B1

Categories of behavioural preventive measures showing the workers' wishes	
	<i>n</i>
Physical activity	15
physical activity trainer/fitness trainer	7
compulsory exercise courses for certain work groups	3
work-related back therapy/training	2
ergonomics counselling/ergo therapy	2
swimming pool	1
Recovery	14
relaxation techniques	6
sauna	5
massages	2
stress coping strategies	1
Health counselling	10
counselling/coaching	5
health education and training	4
motivational training	1
Social relations	8
group social activities	5
better communication onshore/offshore	2
supervisor training	1
Nutrition	6
nutritional counselling	6
Health promotion	6
more workplace health promotion activities (not specified)	6
Smoking cessation	1
smoking cessation programs	1
Medical care	1
regular medical check-ups	1

Table B2

Categories of environmental preventive measures showing the workers' wishes	
	<i>n</i>
Work organisation	33
general improvements in work organisation (not specified)	7
reliable working hours	6
allowing exercise during working hours	5
more staff	4
other work-time models	3
more free time for non-work-related activities	3
better organisation of arrival/departure and transfers	2
create standards	2
better payment	1
Nutrition	32
better food (healthy, high-quality, regular offers, fresh fruits/drinks)	31
catering on transfer boats	1
Accommodation	32
single cabins	13
better/new ships and living containers (replace older ones)	7
more privacy	6
better beds (bigger, better-quality, no bunk beds)	5
bigger cabins	1
Physical activity	30
provision of training rooms/better equipment in gyms	27
cost absorption for gyms ^a	2
training rooms for specific working groups	1
Work environment	23
noise reduction (e.g. due to air-conditioning)	9
better equipment in offices	4
more rooms for leisure activities	4
better air-conditioning	3
more areas to withdraw from work	2
heated workplaces	1
Employer's mentality	7
honest interest in employees' health, focus on employees' needs	6
gender equality	1
Work tasks	5
necessary materials must be available and transferable	2
reduced manual handling of heavy materials	2
reduced workload	1

Note. ^a concerning workers accommodated on islands or the mainland