

Appendix 3 Best evidence synthesis guidelines

Level of evidence	Minimum quality	Minimum quantity	Consistency	Strength of message
Strong	High	Three	Three high-quality studies agree. If more than three studies, $\frac{3}{4}$ of the medium and high-quality studies agree.	Recommendations
Moderate	Medium	Two high-quality studies OR two medium-quality studies and one high-quality study	Two high-quality studies agree OR two medium-quality studies and one high-quality study agree. If more than three studies, more than $\frac{2}{3}$ of the medium- and high-quality studies agree.	Practice considerations
Limited	Medium	One high-quality study OR two medium-quality studies OR one medium quality-study and one high-quality study	Two medium- and/or high-quality studies agree. If more than two studies, more than $\frac{1}{2}$ of the medium- and high-quality studies agree.	Not enough evidence to make recommendations
Mixed	Medium and high	Two studies	Findings from medium- and high-quality studies are contradictory.	Not enough evidence to make recommendations
Insufficient	No high-quality studies, only one medium-quality study, and/or any number of low-quality studies.			

* definitions of high and medium quality based on Quality Appraisal procedure. Best evidence synthesis guidelines copied from Breslin FC, Dollack J, Mahood Q, et al. Are new workers at elevated risk for work injury? A systematic review. *Occup Environ Med* 2019;oemed-2018-105639. doi: 10.1136/oemed-2018-105639