

## Supplementary material

The physical demand scale contains an individual sum of the score values made of the eight questions: “Does your work cause you to...”(1) “stand in the same place?”, (2) “work with the back bent strongly forward without support from the hands and arms?”, (3) “twist or bend the back several times per hour?”, (4) “have the hands lifted to or above shoulder height (2000 round), have the arms lifted to or above shoulder height (2005 round)”, (5) “perform the same arm movements several times a minute? (eg, package work, mounting, machine feeding, carving)”, (6) “squat or kneel when you work?”, (7) “lift or carry?”, and (8) “push or pull?”.

The response options were: never (score value 1), seldom/very little (score value 2), approximately 1/4 of the time (score value 3), approximately 1/2 of the time (score value 4), approximately 3/4 of the time (score value 5), almost all the time (score value 6).

**Table 1 The top ten occupations with high physical work demands by sex (including DISCO-08 code).**

Men	n	Women	n
7115 Carpenters and Joiners	17427	9112 Cleaners and Helpers in Offices, Hotels and Other Establishments	22164
7112 Bricklayers and Related Workers	7563	8160 Food and Related Products Machine Operators	4443
8160 Food and Related Products Machine Operators	6595	751 Food Processing and Related Trades Workers	2797
7131 Painters and Related Workers	4357	8142 Plastic Products Machine Operators	1614
5120 Cooks	3915	5120 Cooks	1075
9313 Building Construction Labourers	3166	9321 Hand Packers	736
7126 Plumbers and Pipe Fitters	2942	6113 Gardeners; Horticultural and Nursery Growers	650
7231 Motor Vehicle Mechanics and Repairers	2512	912 Vehicle, Window, Laundry and Other Hand Cleaning Workers	311
712 Building Finishers and Related Trades Workers	2489	5111 Travel Attendants and Travel Stewards	304
8142 Plastic Products Machine Operators	2392	911 Domestic, Hotel and Office Cleaners and Helpers	140

**Table 2 The top ten occupations with medium physical work demands by sex (including DISCO-08 code).**

Men	n	Women	n
9999 Unknown	157417	9999 Unknown	108132
5223 Shop Sales Assistants	30685	5322 Home-based Personal Care Workers	52955
2341 Primary School Teachers	22045	2343 Pedagogical work	47296
9334 Shelf Fillers	21449	2221 Nursing Professionals	45130
Heavy Truck and Lorry Drivers	17867	2341 Primary School Teachers	44548
7411 Building and Related Electricians	16655	5223 Shop Sales Assistants	43080
9312 Civil Engineering Labourers	15353	5321 Health Care Assistants	41968
5153 Building Caretakers	13964	5311 Child Care Workers	40002
9112 Cleaners and Helpers in Offices, Hotels and Other Establishments	11517	2357 Special Pedagogical work	21075
5230 Cashiers and Ticket Clerks	11159	5230 Cashiers and Ticket Clerks	20748

**Table 3 The top ten occupations with low physical work demands by sex (including DISCO-08 code).**

Men	n	Women	n
3322 Commercial Sales Representatives	16512	4110 General Office Clerks	41535
1120 Managing Directors and Chief Executives	14953	3343 Administrative and Executive Secretaries	20423
2512 Software Developers	13517	3313 Accounting Associate Professionals	13868
2000 Professionals	12630	2310 University and Higher Education Teachers	10653
2310 University and Higher Education Teachers	12426	2000 Professionals	9977
4110 General Office Clerks	9372	2635 Social Work and Counselling Professionals	9872
2412 Financial and Investment Advisers	9045	3344 Medical Secretaries	9648
2142 Civil Engineers	8370	3322 Commercial Sales Representatives	8929
2511 Systems Analysts	8090	2221 Nursing Professionals	8368
8331 Bus and Tram Drivers	6403	2412 Financial and Investment Advisers	8019

**Figure 1** The expected difference in years of work, unemployed and on sickness absence, divided between high and low physical demands group, age, and sex

