

Slip-resistant footwear reduces slips among National Health Service workers in England: A randomised controlled trial

Supplementary 1 Characteristics of the participants

Supplementary 2 Response rates to post-randomisation messages

Supplementary 3 Data collected on the first slip reported by participants

SSHeW supplementary material v4

Supplementary 1 Characteristics of the participants

| Characteristic | Intervention (n=2275) | Control (n=2278) | Total (n=4553) |
|--|--------------------------|---------------------|-------------------|
| Time spent on feet at work, n (%) | | | |
| Most of the time | 1843 (81.0) | 1829 (80.3) | 3672 (80.7) |
| Some of the time | 385 (16.9) | 400 (17.6) | 785 (17.2) |
| A little of the time | 11 (0.5) | 18 (0.8) | 29 (0.6) |
| Missing | 36 (1.6) | 31 (1.4) | 67 (1.5) |
| Required to work in the community, n (%) | | | |
| Yes | 552 (24.3) | 554 (24.3) | 1106 (24.3) |
| No | 1688 (74.2) | 1689 (74.1) | 3377 (74.2) |
| Missing | 35 (1.5) | 35 (1.5) | 70 (1.5) |
| Have you had a fall at work in the past 12 months?, n (%) | | | |
| Yes | 188 (8.3) | 192 (8.4) | 380 (8.3) |
| No | 2039 (89.6) | 2040 (89.6) | 4079 (89.6) |
| Don't know | 29 (1.3) | 31 (1.4) | 60 (1.3) |
| Missing | 19 (0.8) | 15 (0.7) | 34 (0.7) |
| If yes, how many? | | | |
| Median (min, max) | 1 (1, 52) | 1 (1, 20) | 1 (1, 52) |
| Have you suffered injury from any of these falls?, n (%) | 69 (36.9) | 74 (39.5) | 144 (38.2) |

max, maximum; min, minimum; n, number; %, percentage

Supplementary 2 Response rates to post-randomisation messages

| Week post-randomization | Intervention (n=2275) | Control (n=2278) | Total (n=4553) |
|---------------------------------------|--------------------------|-------------------------|-------------------------|
| | N received / N sent (%) | N received / N sent (%) | N received / N sent (%) |
| 1 | 2109/2275 (92.7) | 2112/2278 (92.7) | 4221/4553 (92.7) |
| 2 | 2117/2272 (93.2) | 2101/2278 (92.2) | 4218/4550 (92.7) |
| 3 | 2079/2270 (91.6) | 2094/2278 (91.9) | 4173/4548 (91.8) |
| 4 | 2052/2269 (90.4) | 2075/2276 (91.2) | 4127/4545 (90.8) |
| 5 | 2063/2267 (91.0) | 2068/2275 (90.9) | 4131/4542 (91.0) |
| 6 | 2033/2265 (89.8) | 2047/2272 (90.1) | 4080/4537 (89.9) |
| 7 | 1967/2265 (86.8) | 2055/2271 (90.5) | 4022/4536 (88.7) |
| 8 | 1963/2261 (86.8) | 2028/2271 (89.3) | 3991/4532 (88.1) |
| 9 | 1962/2261 (86.8) | 2034/2271 (89.6) | 3996/4532 (88.2) |
| 10 | 1936/2259 (85.7) | 2012/2271 (88.6) | 3948/4530 (87.2) |
| 11 | 1948/2259 (86.2) | 1996/2271 (87.9) | 3944/4530 (87.1) |
| 12 | 1926/2256 (85.4) | 1988/2271 (87.5) | 3914/4527 (86.5) |
| 13 | 1921/2255 (85.2) | 1996/2271 (87.9) | 3917/4526 (86.5) |
| 14 | 1924/2253 (85.4) | 1985/2269 (87.5) | 3909/4522 (86.4) |
| Response to at least one text message | 2254/2275 (99.1%) | 2240/2278 (98.3%) | 4494/4553 (98.7%) |
| Response to all 14 text messages | 1289/2275 (56.7%) | 1400/2278 (61.5%) | 2689/4553 (59.1%) |

N, number, %, percentage

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Supplementary 3 Data collected on the first slip reported by participants

| Characteristic | Intervention (n=497) | Control (n=662) | Total (n=1159) |
|--|-------------------------|--------------------|-------------------|
| Hours worked in week of first slip | | | |
| Mean (SD) | 35.7 (7.8) | 35.6 (7.0) | 35.6 (7.4) |
| Median (min, max) | 37.5 (3.5, 75.0) | 37.5 (5.0, 75.0) | 37.5 (3.5, 75.0) |
| Type of slip, n (%) | | | |
| Slip without falling (however minor) | 437 (87.9) | 596 (90.0) | 1033 (89.1) |
| Slip and fall | 12 (2.4) | 23 (3.5) | 35 (3.0) |
| Missing | 48 (9.7) | 43 (6.5) | 91 (7.9) |
| Wearing trial shoes when slipped, n (%) | | | |
| Yes | 82 (16.5) | - | - |
| No | 363 (73.0) | - | - |
| Don't know | 3 (0.6) | - | - |
| Missing | 49 (9.9) | - | - |
| Location of slip, n (%) | | | |
| On a ward or other clinical area in a hospital | 479 (96.4) | 644 (97.3) | 1123 (96.9) |
| In a non-clinical area in a hospital e.g. office, corridor | 5 (1.0) | 3 (0.5) | 8 (0.7) |
| In a catering area where food is prepared or served | 1 (0.2) | 0 (0.0) | 1 (0.1) |
| Outside | 4 (0.8) | 6 (0.9) | 10 (0.9) |
| Inside a patient's home | 1 (0.2) | 0 (0.0) | 1 (0.1) |
| Other | 7 (1.4) | 9 (1.4) | 16 (1.4) |
| Missing | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Slipped on..., n (%) | | | |
| Smooth surface | 341 (68.6) | 532 (80.4) | 873 (75.3) |
| Textured surface | 92 (18.5) | 77 (11.6) | 169 (14.6) |
| Missing | 64 (12.9) | 53 (8.0) | 117 (10.1) |
| Injuries suffered, n (%)^a | | | |
| None | 419 (84.3) | 582 (87.9) | 1001 (86.4) |
| Superficial wound | 12 (2.4) | 17 (2.6) | 29 (2.5) |
| Broken bone | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Pulled muscle/sprained ligament | 10 (2.0) | 12 (1.8) | 22 (1.9) |
| Other | 5 (1.0) | 3 (0.5) | 8 (0.7) |
| Missing | 52 (10.5) | 49 (7.4) | 101 (8.7) |

^a not mutually exclusive

SD, standard deviation; max, maximum; min, minimum; n, number; %, percentage