

Supplementary material 1. Search strategies.

Search strategy in PubMed (read from bottom-up).

| No. | Query | Items found |
|-----|--|-------------|
| #3 | #1 AND #2 | 114 |
| #2 | (systematic[sb] OR meta-analysis[pt] OR "systematic review"[tiab] OR "systematic literature review"[tiab] OR metaanalysis[tiab] OR "meta analysis"[tiab] OR metanalyses[tiab] OR "meta analyses"[tiab] OR "meta-analyses"[tiab] OR "pooled analysis"[tiab] OR "pooled analyses"[tiab] OR "pooled data"[tiab]) | 276539 |
| #1 | ("occupational physical activity"[tiab] OR "Occupational physical activity"[tiab] OR "work-related physical activity"[tiab] OR "Work-related physical activity"[tiab] OR "occupation-related physical activity"[tiab] OR "Occupation-related physical activity"[tiab] OR "work-time physical activity"[tiab] OR "Work-time physical activity"[tiab] OR "work physical activity"[tiab] OR "Work physical activity"[tiab] OR "Occupational energy expenditure"[tiab] OR "occupational energy expenditure"[tiab] OR "work-related energy expenditure"[tiab] OR "Work-related energy expenditure"[tiab] OR "domain-specific physical activity"[tiab] OR "domains of physical activity"[tiab] OR "physical activity domains"[tiab] OR "domain-related physical activity"[tiab] OR "work-related physical activity domain"[tiab] OR "occupational activity" [tiab] OR "physical workload" [tiab] OR "occupational load" [tiab] OR "heavy workload" [tiab] OR "heavy work" [tiab] OR "heavy labor" [tiab] OR "heavy labour" [tiab] OR "physical labor" [tiab] OR "physical labour" [tiab] OR "occupational activities" [tiab] OR "physical demanding occupations" [tiab] OR "occupational load" [tiab]) | 4146 |

Search strategy in Web of Science (Databases= WOS, KJD, MEDLINE, RSCI, SCIELO Timespan=All years)

| No. | Query | Item found |
|-----|--|------------|
| #3 | #1 AND #2 | 158 |
| #2 | TS=(systematic review OR meta-analysis OR "systematic review" OR "systematic literature review" OR "meta-analysis" OR "meta analysis" OR "meta-analyses" OR "meta analyses" OR "pooled analysis" OR "pooled analyses" OR "pooled data") | 435971 |
| #1 | TS=("physical workload" OR "occupational activity" OR "occupational activities" OR "physical labor" OR "physical labour" OR "physical demanding occupation" OR "occupational physical activity" OR "Occupational physical activity" OR "work-related physical activity" OR "Work-related physical activity" OR "occupation-related physical activity" OR "Occupation-related physical activity" OR "work-time physical activity" OR "Work-time physical activity" OR "work physical activity" OR "Work physical activity" OR "Occupational energy expenditure" OR "occupational energy expenditure" OR "work-related energy expenditure" OR "Work-related energy expenditure" OR "domain-specific physical activity" OR "domains of physical activity" OR "physical activity domains" OR "domain-related physical activity" OR "work-related physical activity domain" OR "heavy work" OR "occupational load") | 5.728 |

Search strategy in Embase (read from bottom-up).

| No. | Query | Items found |
|-----|--|-------------|
| #2 | ('physical workload' OR 'occupational activity' OR 'occupational activities' OR 'physical labor' OR 'physical labour' OR 'physical demanding occupation' OR 'occupational physical activity' OR 'work-related physical activity' OR 'occupation-related physical activity' OR 'work-time physical activity' OR 'work physical activity' OR 'occupational energy expenditure' OR 'work-related energy expenditure' OR 'domain-specific physical activity' OR 'domains of physical activity' OR 'physical activity domains' OR 'domain-related physical activity' OR 'work-related physical activity domain' OR 'heavy work' OR 'occupational load') AND ([cochrane review]/lim OR [systematic review]/lim OR [meta analysis]/lim) | 104 |
| #1 | 'physical workload' OR 'occupational activity' OR 'occupational activities' OR 'physical labor' OR 'physical labour' OR 'physical demanding occupation' OR 'occupational physical | 4756 |

| | | |
|--|--|--|
| | activity' OR 'work-related physical activity' OR 'occupation-related physical activity' OR 'work-time physical activity' OR 'work physical activity' OR 'occupational energy expenditure' OR 'work-related energy expenditure' OR 'domain-specific physical activity' OR 'domains of physical activity' OR 'physical activity domains' OR 'domain-related physical activity' OR 'work-related physical activity domain' OR 'heavy work' OR 'occupational load' | |
|--|--|--|

Search strategy in SportDiscus

| No. | Query | Items found |
|-----|---|-------------|
| #2 | ('physical workload' OR 'occupational activity' OR 'occupational activities' OR 'physical labor' OR 'physical labour' OR 'physical demanding occupation' OR 'occupational physical activity' OR 'work-related physical activity' OR 'occupation-related physical activity' OR 'work-time physical activity' OR 'work physical activity' OR 'occupational energy expenditure' OR 'work-related energy expenditure' OR 'domain-specific physical activity' OR 'domains of physical activity' OR 'physical activity domains' OR 'domain-related physical activity' OR 'work-related physical activity domain' OR 'heavy work' OR 'occupational load') AND (=(systematic review OR meta-analysis OR "systematic review" OR "systematic literature review" OR "meta-analysis" OR "meta analysis" OR "meta-analyses" OR "meta analyses" OR "pooled analysis" OR "po OR "pooled data")oled analyses") | 68 |
| #1 | ('physical workload' OR 'occupational activity' OR 'occupational activities' OR 'physical labor' OR 'physical labour' OR 'physical demanding occupation' OR 'occupational physical activity' OR 'work-related physical activity' OR 'occupation-related physical activity' OR 'work-time physical activity' OR 'work physical activity' OR 'occupational energy expenditure' OR 'work-related energy expenditure' OR 'domain-specific physical activity' OR 'domains of physical activity' OR 'physical activity domains' OR 'domain-related physical activity' OR 'work-related physical activity domain' OR 'heavy work' OR 'occupational load') | 1.911 |

Search strategy in CINAHL (read from bottom-up).

| No. | Query | Items found |
|-----|--|-------------|
| #3 | #1 AND #2 | 122 |
| #2 | (cochrane review OR "systematic review" OR meta analysis) Published Date: -20191231 | 175.427 |
| #1 | ('physical workload' OR 'occupational activity' OR 'occupational activities' OR 'physical labor' OR 'physical labour' OR 'physical demanding occupation' OR 'occupational physical activity' OR 'work-related physical activity' OR 'occupation-related physical activity' OR 'work-time physical activity' OR 'work physical activity' OR 'occupational energy expenditure' OR 'work-related energy expenditure' OR 'domain-specific physical activity' OR 'domains of physical activity' OR 'physical activity domains' OR 'domain-related physical activity' OR 'work-related physical activity domain' OR 'heavy work' OR 'occupational load') AND TI (cochrane review OR "systematic review" OR meta analysis) Published Date: -20191231 | 4859 |