**Supplementary material**

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| **S-Table 1. Normative values for the Italian version of the *Maslach Burnout Inventory* (*MBI*) – healthcare professions version – (Sirigatti and Stefanile, 1993)** | | | | | |
|  | **Burnout cut-off** | | | **Normative values (N=748)** | |
|  | **Low** | **Medium** | **High** | **Mean** | **SD** |
| **Emotional Exhaustion (EE)** | ≤14 | 15-23 | ≥ 24 | 20.18 | 11.29 |
| **Depersonalization (DP)** | ≤ 3 | 4-8 | ≥ 9 | 7.03 | 5.90 |
| **Personal Accomplishment (PA)\*** | ≤ 29 | 30-36 | ≥ 37 | 32.52 | 8.66 |
| Legend: SD: standard deviation. \* these scores are inversely related to burnout-risk. | | | | | |

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| **S-Table 2. Estimated Workload per Operator, by Districts, in 2015.** | | | | | | | | | | |
|  | **EN** | **CL** | **RG** | **AG** | **TP** | **ME** | **PA** | **SR** | **CT** | **Tot** |
| ***118-service* driver-rescuers in 2015** | 191 | 189 | 195 | 224 | 285 | 466 | 825 | 192 | 502 | **3**.**069** |
| **Emergency interventions in 2015** | 8.143 | 14.749 | 17.298 | 20.280 | 27.563 | 53.227 | 107.121 | 27.898 | 74.259 | **350**.**538** |
| **Mean work-load in 2015 per operator** | 42.6 | 78.03 | 88.7 | 90.5 | 96.7 | 114.2 | 129.8 | 145.3 | 147.9 | **114.2** |
| **Quartiles** | 25° percentile | | | | 50° percentile | | | 75° percentile | |  |
| Legend: PA: Palermo; ME: Messina; CT: Catania; TP: Trapani; AG: Agrigento; SR: EN: Enna; Siracusa; RG: Ragusa; CL: Caltanissetta. | | | | | | | | | | |

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| **S-Table 3. Estimated Sickness Absence per Operator, by Districts, in 2015.** | | | | | | | | | | |
|  | **TP** | **EN** | **ME** | **PA** | **RG** | **AG** | **SR** | **CT** | **CL** | **Tot** |
| ***118-service* driver-rescuers in 2015** | 285 | 191 | 466 | 825 | 195 | 224 | 192 | 502 | 189 | **3**.**069** |
| **Sickness absence (days) in 2015** | 1.511 | 1.198 | 3.093 | 6.504 | 1.524 | 1.783 | 1.578 | 4.291 | 2.194 |  |
| **Mean sickness absence** | 5.3 | 6.2 | 6.6 | 7.8 | 7.8 | 7.9 | 8.2 | 8.5 | 11.6 |  |
| **Quartiles** | 25° percentile | | | 50° percentile | | | 75° percentile | | |  |
| Legend: PA: Palermo; ME: Messina; CT: Catania; TP: Trapani; AG: Agrigento; SR: EN: Enna; Siracusa; RG: Ragusa; CL: Caltanissetta. | | | | | | | | | | |

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| **S-Table 4. Courses, participants and responders’ proportions across the nine districts.** | | | | | | | | | | |
|  | **PA** | **ME** | **CT** | **TP** | **AG** | **EN** | **SR** | **RG** | **CL** | **Tot** |
| **Surveyed Courses, N** | 14 | 13 | 12 | 6 | 5 | 4 | 4 | 4 | 4 | **66** |
| **Surveyed Participants, N** | 511 | 412 | 407 | 234 | 204 | 180 | 166 | 164 | 166 | **2**.**444** |
| **Responders, N**  **%** | 486 | 400 | 394 | 230 | 197 | 170 | 166 | 159 | 159 | **2**.**361** |
| 95.1 | 97.1 | 96.8 | 98.2 | 96.5 | 94.4 | 100 | 96.9 | 95.7 | **96.6** |
| Legend: MBI: *Maslach Burnout Inventory*; PA: Palermo; ME: Messina; CT: Catania; TP: Trapani; AG: Agrigento; SR: EN: Enna; Siracusa; RG: Ragusa; CL: Caltanissetta. | | | | | | | | | | |