

## For a Healthy Digital Work Environment

Hotel Scandic Continental, Stockholm, Sweden

October 18th – 20th, 2017

### Wednesday, October 18<sup>th</sup> 2017

10.30–10.50	Registration	
11.00–11.45	NIVA Welcome Course objectives Presentation	<b>Cecilia Weckman</b> <b>Sara Thomée</b>
11.45–12.30	<i>Lunch</i>	
12.30–14.00	Digitization and the transformation of society and work	<b>Jan Gulliksen</b>
14.00–14.30	ICT, stress and health	<b>Sara Thomée</b>
14.30–14.50	<i>Coffee/tea and refreshments</i>	
14.50–15.20	ICT, stress and health (cont.)	<b>Sara Thomée</b>
15.20–15.50	Psychosocial factors – stress at work	<b>Sara Thomée</b>
16.00–17.00	Physical and ergonomic factors; computers, tablets, and mobile phones	<b>Ewa Gustafsson</b>
17.00–18.00	<i>Group work</i>	<b>Sara Thomée</b>
19.00	<i>Dinner</i>	

### Thursday, October 19<sup>th</sup> 2017

8.30–9.15	Cognition in the digital environment	<b>Sara Thomée/TBA</b>
9.15–10.15	The challenge of flexible work and boundary management	<b>Christin Mellner</b>
10.15–10.30	<i>Coffee/tea and refreshments</i>	
10.30–11.30	Usability, accessibility and user experience	<b>Jan Gulliksen</b>
11.30–12.30	User-centered field studies, analysis, design and evaluation	<b>Jan Gulliksen</b>
12.30–13.30	<i>Lunch</i>	

13.30–14.30	Systematic work environment management: Health and safety risk assessment of the digital work environment – the “IT round”	<b>Carola Löfstrand</b>
14.30–15.15	Projects for an improved digital work environment: Examples from administration and health care	<b>Åsa Cajander</b>
15.15–15.30	<i>Coffee/tea and refreshments</i>	
15.30–16.15	Projects for an improved digital work environment: Examples from administration and health care (cont.)	<b>Åsa Cajander</b>
16.15–17.00	Charting the digital work environment – current trends and challenges	<b>Gerolf Nauwerk</b>
17.00–18.00	With movement in mind in the digital environment	<b>Helena Tobiasson</b>
19.00	<i>Social program and dinner</i>	

### Friday, October 20<sup>th</sup> 2017

8.30–10.15	Workshop: Solutions for a healthy digital work environment	<b>Åsa Cajander Helena Tobiasson Sara Thomée</b>
10.15–10.30	<i>Coffee/tea and refreshments</i>	
10.30–12.00	Workshop: Implementation	<b>Åsa Cajander Helena Tobiasson Sara Thomée</b>
12.00–13.00	Summary and take home messages Certificates and closing of the course	<b>Sara Thomée Cecilia Weckman</b>
13.00–14.00	<i>Lunch and farewell</i>	