

# Techniques for assessment of activities and postures at the workplace

STAMI – The National Institute of Occupational Health, Oslo, Norway  
8 – 10.10.2019

Tuesday, 8.10.2019

10.00-10.15 Course registration and coffee

10.15-10.45 Opening of the course:

- Presentation of participants, course leaders and lecturers
- Practical matters

**Kaj Bo Veiersted**

**Morten Jakobsen, NIVA**

10.45-12.00 Introduction, aim, broad approach  
Activity, inactivity and "wrong activity" related to health  
Main purposes for technical measurements  
Priorities for this course

**Kaj Bo Veiersted**

12.00-12.45 Lunch

12.45-16.00 1) Which characteristics of physical activity and posture should we measure?

**Andreas Holtermann**

2) How to assess activity and postures

- Questionnaire (examples, validity)
- Observation methods
- Mobile phone apps
- Activity trackers (e.g. Fitbit)
- Accelerometers (e.g. GC X 16 mini, axivity AX3)
- Aggregated methods ((full body posture, combinations with EMG, HR, insoles, smart clothes)
- General aspects of reference postures

**Markus Koch**

**Kaj Bo Veiersted**

**Mikael Forsman**

**Inger Arvidsson**

**Britta Weber**

16.00-17.30 Practical presentation of use and mounting of AX3/actigraphs on participants to keep on for the next day

**Lars-Kristian Lunde**

**Markus Koch**

**Inger Arvidsson**

17.30- End of today's technical program, physical activity dependent on group

Participants

19.00-21.30 **Social program: Dinner at [Brasserie Blanche](#)**  
Josefines gate 23, 0351 Oslo

Wednesday, 9.10.2019

8.30-10.00	Demounting equipment, download data and visualize. Compare video, diary and accelerometers.	<b>Lars-Kristian Lunde</b> <b>Markus Koch</b> <b>Inger Arvidsson</b> <b>Kaj Bo Veiersted</b> <b>Mikael Forsman</b>
10.00-11.00	Accelerometers <ul style="list-style-type: none"> <li>• What devices are available</li> <li>• How to choose</li> <li>• Data collection strategy</li> <li>• Pitfalls</li> </ul> Demonstration of video observation / accelerometers	<b>Inger Arvidsson</b> <b>Mikael Forsman</b>
11.00-12.00	Use of these methods for practitioners in enterprises and exposure assessment on individual level (assessment of individual, insurance, etc.)	<b>Britta Weber</b> <b>Inger Arvidsson</b>
12.00-12.45	Lunch	
12.45-16.00	1) What do we get out of the data? Examples of measurements of participants  2) Group work: How to use this approach – participants own experiences and needs.  3) Plenum: reports from groups with discussion of today's questions and future possibilities	<b>Markus Koch</b> <b>Lars-Kristian Lunde</b> <b>Mikael Forsman</b>
17.30-21.30	<b>Social program: Guided tour and dinner at <a href="#">Oslo Manor House</a></b> 17.30 Bus to Oslo's medieval quarter 18.00 Guided tour of Oslo Manor House 19.00 Dinner at the Manor House 21.00 Bus back to Hotel Gyldenløve	

Thursday, 10.10.2019

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| 8.30-10.00  | Everything you spend time on at work, matters: A concept to understand how work time spent on all activities and pauses affect the health of workers<br><br>"What is 'whole work time', why it is important to understand it, how should we interpret results based on whole work time» - A compositional approach | <b>Nidhi Gupta</b>                            |
| 10.00-11.30 | Should we measure, interpret and act based on single independent work activities, or on the distribution of time spent on all activities?  | <b>Andreas Holtermann</b>                     |
| 11.45-12.30 | Lunch  |   |
| 12.30-13.30 | How much – or little – physical exposure do we accept?<br>Action limits and evaluation approaches  | <b>Inger Arvidsson</b><br><b>Britta Weber</b> |
| 13.30-14.30 | Group work: Video examples: level of analyses, interpretation and usability of technical measurements?   |   |
| 14.30-15.00 | Plenum: Summary of discussions - How do we go further, questions, practical issues, etc.   |   |