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? 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	**Andreas Holtermann** **Markus Koch** **Kaj Bo Veiersted** **TBC** **TBC** **Inger Arvidsson** **Britta Weber** **Inger Arvidsson**
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	

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Wednesday, 9.10.2019		
8.30-10.00	Demounting equipment, download data and visualize. Compare video, diary and accelerometers.	**Lars-Kristian Lunde Markus Koch Inger Arvidsson Kaj Bo Veiersted TBC**
10.00-11.00	Accelerometers • What devices are available • How to choose • Data collection strategy • Pitfalls Demonstration of video observation / accelerometers	**Inger Arvidsson TBC**
11.00-12.00	Use of these methods for practitioners in enterprises and exposure assessment on individual level (assessment of individual, insurance, etc.)	**Britta Weber Inger Arvidsson**
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	**Markus Koch Lars-Kristian Lunde TBC**
17.30-21.30	**Social program: Guided tour and dinner at Oslo Manor House** 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

	How to analyze and interpret results:	
8.30-10.00	1) "What do we do when some exposure durations increase and others decrease within same time frame" - how to do compositional data analyses	**TBC**
10.00-11.30	2) Should we measure, interpret and act based on single independent work activities, or on the distribution of time spent on all activities?	**Britta Weber**
11.45-12.30	Lunch	
12.30-13.30	How much – or little – physical exposure do we accept? Action limits and evaluation approaches	**Inger Arvidsson** **Britta Weber**
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.	