

# 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

**Kai Bo Veiersted, STAMI**

**Morten Jakobsen, NIVA**

10.45-12.45 Introductory lectures: Introduction, aim, broad approach

12.45-16.00 1) Lecture: What exposures are of interest / job types etc.  
2) Lecture: How to assess activity and postures

- Questionnaire
- Observation methods
- Mobile phone apps
- Activity trackers (e.g. Fitbit)
- Accelerometers (e.g. axivity AX3)
- Aggregated methods
- Video examples for discussion

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

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

Wednesday, 9.10.2019

8.30-11.45 1) Lectures on accelerometers:

- what devices are available
- how to choose
- data collection strategy
- pitfalls

2) Physical activity dependent on group

- 12.30- 1) Practical exercises: Demounting equipment, download data and visualize. Compare video and AX3.
- 2) What do we get out of the data? Analyses
- 3) Group work: How to use this approach – participants own experiences and needs.
- 4) Plenum: reports from groups with discussion of today's questions and future possibilities
- 17.30-21.30 **Social program: Guided tour and dinner at [Oslo Manor House](#)**
- 17.30 Bus taking us to Oslo's medieval quarter
- 18.00 Guided tour of Oslo Manor House
- 19.00 Dinner at the Manor House
- 21.00 Bus taking us back to Hotel Gyldenløve

**Friday, 12.04.2019**

- 8.30-12.00 Lectures: How to interpret results
- 12.00-12.45 Examples of scenarios presented and experienced by the lecturers, research (intervention, etc), use of practionaires in enterprises and exposure assessment on individual level (insurance etc).  
Group work: interpretation and usability of technical measurements
- 12.45-15.00 Plenum: Summary of discussions - How do we go further, questions, practical issues etc.