

Physical Exercise at the Workplace – from research to practice

Hanaholmen, Helsinki area, Finland

10.09.2019 – 12.09.2019

Tuesday, 10.09.2019

9.15–9.30	Course registration	
9.30–9.45	NIVA welcome and general information	Linda Oksanen, NIVA
9.45–10.30	Introductions Scope and purpose of the course Learning objectives	Lars L. Andersen
10.30–11.00	<i>Coffee</i>	
11.00–11.45	Work-related musculoskeletal disorders – risk factors and consequences	Lars L. Andersen
11.45–12.30	Physical exercise for work-related musculoskeletal disorders – overview of the last 10 years research	Lars L. Andersen
12.30–13.30	<i>Lunch with 20 min walk-and-talk afterwards (~ 13.10–13.30)</i>	
13.30–14.15	Physical exercise in specific job groups – walk-through of a RCT among slaughterhouse workers	Emil Sundstrup
14.15–15.00	Physical exercise in specific job groups – walk-through of a RCT among healthcare workers	Markus D. Jakobsen
15.00–15.30	<i>Coffee & Practical exercises with elastic resistance bands (~15.20–15.30)</i>	
15.30–16.15	Group work no. 1 - How to design your own workplace physical exercise intervention I	Facilitators: Emil Sundstrup, Markus D. Jakobsen
16.15–17.00	Group work no. 2 - How to design your own workplace physical exercise intervention II	Facilitators: Emil Sundstrup, Markus D. Jakobsen
19.00–	<i>Dinner at the hotel</i>	

Wednesday, 11.09.2019

9.00–9.45	How can psychological factors be used to maximize the effect of physical exercise at the workplace?	Stein Knardahl
9.45–10.30	Physiological mechanisms of musculoskeletal pain and how this knowledge can be used to optimize physical exercise interventions	Karen Søgaard
10.30–11.00	<i>Coffee</i>	
11.00–11.45	How to evaluate physical exercise interventions I – guidelines for effect evaluations	Allard van der Beek
11.45–12.30	How to evaluate physical exercise interventions II – guidelines for process evaluations	Marie Birk Jørgensen
12.30–13.30	<i>Lunch with 20 min walk-and-talk afterwards (~ 13.10–13.30)</i>	
13.30–14.15	Physical exercise at work – is it good business? Cost-benefit analysis	Allard van der Beek
14.15–15.00	Group work no. 3 - How to evaluate your own workplace physical exercise intervention	Facilitators: Emil Sundstrup, Markus D. Jakobsen
15.00–15.30	<i>Coffee & Practical exercises with elastic resistance bands (~15.20–15.30)</i>	
16.00–21.30	Foxtrail City Adventure	
16.00	<i>Bus from Hanaholmen to the city center</i>	
16.30–18.30	<i>Foxtrail City Adventure (an urban walking activity in the city center of Helsinki where the participants follow the runaway Fox's trail)</i>	
19.00	<i>Dinner at restaurant Savotta</i>	
21.00	<i>Bus from the restaurant to Hanaholmen</i>	

Thursday, 12.09.2019

9.45–10.30	From Research to Practice II – Experience from the Denmark	Marie Birk Jørgensen
10.30–11.00	<i>Coffee</i>	
11.00–11.45	Group work no. 4 - How to implement your own workplace physical exercise intervention I	Facilitators: Emil Sundstrup, Markus D. Jakobsen
11.45–12.30	Group work no. 5 - How to implement your own workplace physical exercise intervention II	Facilitators: Emil Sundstrup, Markus D. Jakobsen
12.30–13.30	<i>Lunch with 20 min walk-and-talk afterwards (~ 13.10–13.30)</i>	
13.30–14.15	Presentations of group work	All
14.15–14.45	Closing of the course	Lars L. Andersen Linda Oksanen
14.45–15.00	<i>Coffee</i>	