

## Workers in the Cold

Clarion Hotel The Edge, Tromsø, Norway

19.03.2019 – 21.03.2019

### Tuesday, 19.03.2019

11.00–11.30	Course registration	
11.30–12.15	<i>Lunch</i>	
12.15–12.30	<b>NIVA welcome and general information</b>	<b>Linda Vänskä, NIVA</b>
12.30–13.15	<b>Scope and purpose of the course</b>	<b>Anje Höper</b>
	<b>Learning objectives</b>	
	<b>Cold and clothing physiology</b>	<b>Mariann Sandsund</b>
13.15–14.00	<b>Working in the cold - a military approach</b>	<b>Arne Johan Norheim</b>
14.00–14.30	<i>Coffee break with snacks</i>	
14.30–15.15	<b>Projects on cold injuries in the military</b>	<b>Arne Johan Norheim</b>
15.15–15.45	<b>Prehospital management of hypothermia</b>	<b>Øystein Wiggen</b>
15.45–16.00	<i>Coffee break</i>	
16.00–16.30	<b>Cold exposure in mining; MineHealth</b>	<b>Hilde Færevik</b>
16.30–17.00	<b>Occupational exposure in Russian mine workers</b>	<b>Morten Skandfer</b>
17.00–17.30	<b>Theoretical aspects and preparation of field measurements regarding cold exposure</b>	<b>Øystein Wiggen</b>
17.30–17.45	<b>Presentation of ANOHS</b>	<b>Kirsi Jussila</b>
19.00–	<i>Dinner at the hotel</i>	

### Wednesday, 20.03.2019

8.15–12.45	<b>Visit to <a href="#">Tromsø Safari</a></b>
8.15	<i>Meeting in front of the Radisson Blu Hotel (right next to Clarion Hotel the Edge)</i>
8.45–9.30	<i>Bus from the Radisson Blu Hotel to Tromsø Safari</i>
9.30–10.00	<i>Introduction and clothing (you will be provided with a thermal winter suit, winter boots and gloves)</i>
10.00–11.30	<i>Husky Tour in the Arctic valley landscape with time to cuddle with the huskies and take photos</i>

11.30–12.00 *Coffee, hot chocolate and "lefse" (Norwegian sweets)*  
 12.00–12.45 *Bus from Tromsø Safari to the Radisson Blu Hotel*

13.00–13.45 *Lunch*

13.45–14.15 **Cold work in the Fishing and Aquaculture industry** **Mariann Sandsund**

14.15–15.00 **Hypothermia and drowning** **Jan Risberg**

15.00–15.30 *Coffee break with snacks*

15.30–16.15 **Safety in winter tourism** **Kirsi Jussila**

16.15– **Free time in Tromsø**

### Thursday, 21.03.2019

9.00–9.45 **Discussions of field measurements** **SINTEF**

9.45–10.30 **Effects of cold and hand-arm vibration** **Daniel Carlsson**

10.30–11.00 *Coffee break with snacks*

11.00–11.30 **Cold exposure in the Petroleum industry** **Hilde Færevik**

11.30–12.00 **Future perspectives** **Hilde Færevik**

12.00–12.30 **Closing of the course**  
**Anje Höper**  
**Mariann Sandsund**  
**Linda Vänska**

12.30–13.30 **Lunch**