

Workers in the cold
- present and future perspectives from field to clinics
 Tromsø, Norway
 07.03.2023 – 09.03.2023

Tuesday, 07.03.2023

11.15–11.30	Course registration (coffee & snacks)	
11.30–11.45	NIVA welcome and general information	Linda Oksanen, NIVA
11.45–12.15	Introductions Scope and purpose of the course Learning objectives	Anje Höper, UiT; Øystein Wiggen, SINTEF
12.15–13.00	Cold exposure and health	Tiina Ikäheimo, UiT, UniOulu
13.00–14.00	<i>Lunch</i>	
14.00–14.45	Respiratory protection for workers in the cold	Kirsi Jussila, FIOH
14.45–15.15	<i>Coffee break</i>	
15.15–16.15	Cold exposure and musculoskeletal disorders	Albin Stjernbrandt, UMU
18.30–	<i>Dinner at the hotel</i>	

Wednesday, 08.03.2023

9.00–9.45	Thermoregulation, cold-related symptoms and performance degradation among food processing workers	Sirkka Rissanen, FIOH
9.45–10.30	Health and safety standards for work in the cold	Hilde Færevik, SINTEF
10.30–10.45	<i>Coffee break</i>	
10.45–11.30	Assessment of cold strain and cold protective clothing by using international standards.	Sirkka Rissanen, FIOH, Kirsi Jussila, FIOH
11.30–12.15	Case study/group work with workers in the cold (with break)	Albin Stjernbrandt, UMU, Anje Höper, UiT

12.15–13.00	Case study/group work with workers in the cold	Albin Stjernbrandt, UMU, Anje Höper, UiT
13.00–14.00	<i>Lunch</i>	
14.00–14.45	From problem to solution – cold research in an applied perspective	Hilde Færevik, SINTEF
14.45–15.15	<i>Coffee break</i>	
15.15–15.45	Theoretical aspects and preparation of field measurements regarding cold exposure	Øystein Wiggen, SINTEF
18.00–24.00 (approx.)	<i>Northern Lights safari (expedition meal included)</i>	

Thursday, 09.03.2023

10.30–11.00	Discussions of field measurements	Øystein Wiggen
11.00–11.45	From basal cold physiology to applied practice	Fred Haugen, STAMI
11.45–12.00	<i>Coffee break</i>	
12.00–12.45	Workers in the cold – Who are they and what do we know about them?	Anne-Mari Gjestvang Moe, STAMI
12.45–13.00	Closing of the course	Linda Oksanen; Anje Höper; Øystein Wiggen
13.00–14.00	<i>Lunch and farewell</i>	