

## Working Hours and Health

Folkhälsan, Helsinki, Finland

 16<sup>th</sup> – 18<sup>th</sup> of May 2022

### Monday, 16.05.2022

10.00–10.15	Course registration	
10.15–10.30	NIVA welcome and general information	Linda Oksanen, NIVA
10.30–11.15	Introductions Scope and purpose of the course Learning objectives	Mikko Härmä, FIOH
11.15–12.00	<b>Unsocial working hours and shift work: identification and exposure characterization</b>	Mikko Härmä
12.00–13.00	<i>Lunch</i>	
13.00–13.45	<b>Circadian rhythms and sleep: introduction to the main pathways from shift work to disturbed health</b>	Bjørn Bjorvatn
13.45–14.30	<b>Epidemiological methods in shift work research: strengths and caveats</b>	Henrik Kolstad and Johnni Hansen
14.30–15.00	<i>Coffee break</i>	
15.00–16.00	<b>Shift work, cancer and neurologic diseases</b>	Johnni Hansen
16.00–17.00	<b>Shift work and cardiovascular health</b>	Henrik Kolstad
19.00–	<i>Dinner at the hotel</i>	

### Tuesday, 17.05.2022

9.00–9.45	<b>Shift work, sleep and cognitive performance</b>	Philip Tucker
9.45–10.30	<b>Shift work, accidental injuries and sickness absence</b>	Anne Helene Garde, Mikko Härmä
10.30–11.00	<i>Coffee break</i>	
11.00–11.45	<b>Assessment and treatment of shift work disorder</b>	Bjørn Bjorvatn
11.45–12.30	<b>Fatigue management</b>	Mikael Sallinen
12.30–13.30	<i>Lunch</i>	

13.30–14.15	<b>Occupational health care and health examinations</b>	<b>Mikko Härmä</b>
14.15–15.00	Discussion on participants own work/PhD projects	<b>Participants/all</b>
15.00–15.30	<i>Coffee break</i>	
16.00–	<i>Social program and dinner</i>	

## Wednesday, 18.05.2022

9.00–9.45	<b>Long and short working hours and their association with health</b>	<b>Anne Helene Garde, Göran Kecklund</b>
9.45–10.30	<b>The association of worktime control with mental and physical health</b>	<b>Anne Helene Garde, Göran Kecklund</b>
10.30–11.00	<i>Coffee break</i>	
11.00–11.45	<b>Flexible working hours and well-being</b>	<b>Philip Tucker</b>
11.45–12.30	<b>Individual differences in shift work</b>	<b>Philip Tucker</b>
12.30–13.30	<i>Lunch</i>	
13.30–14.15	Discussion on participants own work/PhD projects	<b>Participants/all</b>
14.15–14.45	Closing of the course	
14.45–15.00	<i>Coffee and farewell</i>	