

**Workers in the cold**  
**- a practice-oriented view on cold-related occupational health and safety**

Radisson Blu Hotel, Tromsø, Norway

24-26.3.2026

Tuesday, 24.03.2026

11.15–11.30 Course registration

11.30–12.30 *Lunch*

12.30–12.40 **NIVA welcome and general information**

**Nathalie Räihä, NIVA**

12.40–13.25 **Scope and purpose of the course**

**Anje Höper, UNN,  
(NO)**

**Learning objectives**

**Who are the ones working in the cold?**

13:25–13:30 *Short break*

13:30–14.15 **An overview of cold exposure and health (physiological to epidemiology)**

**Tiina Ikäheimo, UiT,  
UniOulu (NO)**

14:15–14:30 *Coffee break*

14.30–15.15 **Workers in the cold – a military approach (including innovations/projects – hypothermia)**

**Jørgen Melau,  
Norwegian Armed  
Forces (NO)**

15.15– 15:30 *Break*

15.30–16.15 **Cold exposure in diving operations**

**Jørgen Melau,  
Norwegian Armed  
Forces (NO)**

16.15– 17:00 **Practical safety and risk assessment in Arctic field operations**

**Stig Magnus Lunde,  
UNIS (NO)**

19.00– *Dinner at the hotel*

Wednesday, 25.03.2026

9.00–9.45 **Cold protective clothing**

**Kirsi Jussila, FIOH (FI)**

9.45–9.55 *Coffee break*

9.55–10.40	<b>Personal protective equipment in the cold – focus on respirators and chemical risks</b>	<b>Kirsi Jussila, FIOH (FI)</b>
10.40–11.00	<b>Preparation for the workplace visit</b>	<b>Tiina Ikäheimo, UiT, (NO) Anje Höper, UNN (NO)</b>
11.00–11.45	<i>Lunch</i>	
11.45–14.00	<b>Workplace visit with practical risk assessment</b>	
14.00–14.30	<i>Break</i>	
14.30–15.15	<b>Discussion of workplace visit</b>	<b>Tiina Ikäheimo, UiT, (NO) Anje Höper, UNN (NO)</b>
15.15–16.00	<b>International standards on safety and health for work in the cold - what is missing?</b>	<b>Rebecca Tapper, UmU (SE)</b>
17.00–20.30	<i>Social program: guided tour at the <a href="#">Polar Museum</a> and a three-course dinner at <a href="#">Walter&amp; Leonard</a>.</i>	

## Thursday, 26.03.2026

9.00–9.30	<b>Cold exposure in the food processing industry</b>	<b>Anje Höper, UNN (NO)</b>
9.30–10.30	<b>Working in the cold with chronic diseases or chronic complaints. Cold as an additional exposure factor at work</b>	<b>Tohr Nilsson, Umeå University (SE) Anje Höper, UNN (NO)</b>
10.30–11.00	<i>Coffee break</i>	
11.00–11.45	<b>Cases from participants</b>	<b>Tohr Nilsson, Umeå University (SE) Anje Höper, UNN (NO)</b>
11.45–12.00	<b>Closing of the course</b>	<b>Anje Höper UNN (NO) Nathalie Räihä, NIVA</b>
12.00–13.00	<i>Lunch and farewell</i>	