

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

**Anje Høper**, UNN,  
(NO)

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	<b>Cold protective clothing</b>	<b>Kirsi Jussila, FIOH (FI)</b>
9.45–9.55	<i>Coffee break</i>	
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)</b> <b>Anje Høper, 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)</b> <b>Anje Høper, UNN (NO)</b>
15:15–16:00	<b>International standards on safety and health for work in the cold</b>	<b>Kirsi Jussila, Tiina Ikäheimo</b>
17.00–20.30	<b><i>Social programme and dinner:</i></b> <b>17:00</b> Meet in the hotel lobby. 10-minute walk together to the <a href="#">Polar Museum</a> . <b>17:15–18:00</b> Guided tour at the museum. <b>18:15</b> Dinner at <a href="#">Walter&amp; Leonard</a>	

## Thursday, 26.03.2026

9.00–9.30	<b>Cold exposure in the food processing industry</b>	<b>Anje Høper, 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)</b>
10.30–11.00	<i>Coffee break</i>	

11.00–11.45 **Cases from participants**

**Tohr Nilsson**, Umeå  
University (SE) **Anje**  
**Høper**, UNN (NO)

11.45–12.00 **Closing of the course**

**Anje Høper** UNN (NO)  
**Nathalie Rähä**, NIVA

12.00–13.00 *Lunch and farewell*