

## Workplace Interventions for Prevention and Management of Musculoskeletal Disorders

Scandic Spectrum, Copenhagen, Denmark  
22.9 – 24.9.2026

Tuesday, 22.9.2026

9.00 – 9.30	Course registration	
9.30 – 9.45	NIVA welcome and general information	<b>Nora Tobiasson,</b> NIVA
9.45 – 10.30	Introductions Scope and purpose of the course Learning objectives	<b>Lars L. Andersen,</b> NFA
10.30 – 11.15	<b>Risk factors for work-related musculoskeletal disorders – part 1</b>	<b>Annett Dalbøge,</b> Aarhus University Hospital
11.15 – 12.00	<b>Risk factors for work-related musculoskeletal disorders – part 2</b>	<b>Annett Dalbøge,</b> Aarhus University Hospital
12.00 – 13.00	<i>Lunch</i>	
13.00 – 13.45	<b>Systematic review of workplace interventions for preventing and managing musculoskeletal disorders – part 1</b>	<b>Emil Sundstrup,</b> NFA
13.45 – 14.30	<b>Systematic review of workplace interventions for preventing and managing musculoskeletal disorders – part 2</b>	<b>Emil Sundstrup,</b> NFA
14.30 – 15.00	<i>Coffee break</i>	
15.00 – 16.30	<b>Group work / discussion</b>	<b>All lecturers</b>
18.00 –	<i>Dinner at the hotel</i>	

Wednesday, 23.9.2026

9.00 – 9.45	<b>Workplace physical exercise – does one size fit all? Exercise for workers with different health problems – part 1</b>	<b>Joaquín Calatayud,</b> University of Valencia
9.45 – 10.30	<b>Workplace physical exercise – does one size fit all? Exercise for workers with different health problems – part 2</b>	<b>Joaquín Calatayud,</b> University of Valencia
10.30 – 11.00	<i>Coffee break</i>	
11.00 – 11.45	<b>Elastic band exercises – try and learn 10 different exercises to do at the workplace</b>	<b>Lars, Joaquín, Emil</b>
11.45 – 12.30	<b>Elastic band exercises – how to instruct your colleagues and get started with a 10-week exercise program at the workplace</b>	<b>Lars, Joaquín, Emil</b>
12.30 – 13.30	<i>Lunch</i>	
13.30 – 14.15	<b>Implementation of workplace interventions: where theory meets practice - part 1</b>	<b>Suzanne Merkus,</b> STAMI
14.15 – 15.00	<b>Implementation of workplace interventions: where theory meets practice - part 2</b>	<b>Suzanne Merkus,</b> STAMI
15.00 – 15.30	<i>Coffee break</i>	
15.30 – 16.30	<b>Group work / discussion</b>	<b>All lecturers</b>
18.15 –	<i>Dinner and social programme: Social sailing with <a href="#">Hey Captain</a> followed by pizza and drinks at <a href="#">Green Island CPH</a></i>	

Thursday, 24.9.2026

9.00 – 9.45	<b>Which new technologies can help reduce physical workload among workers with physically demanding work? Part 1</b>	<b>Mikkel Brandt,</b> NFA
9.45 – 10.30	<b>Which new technologies can help reduce physical workload among workers with physically demanding work? Part 2</b>	<b>Mikkel Brandt,</b> NFA
10.30 – 11.00	<i>Coffee break</i>	
11.00 – 11.45	<b>New Danish model for preventing and managing work-related musculoskeletal disorders</b>	<b>Sandra Schade Jacobsen,</b> NFA
11.45 – 12.30	<b>Group work / discussion</b>	<b>All lecturers</b>
12.30 – 13.30	<i>Lunch</i>	
13.30 – 14.00	<b>Take-home messages</b>	<b>All lecturers</b>
14.00 – 14.30	Closing of the course	<b>Lars, Nora</b>