

Working Hours and Occupational Safety and Health

STAMI, Oslo, Norway
15th – 17th of September 2026

Tuesday, 15.09.2026

10.00–10.15	Course registration	
10.15–10.30	NIVA welcome and general information	Nathalie Räihä, NIVA
10.30–11.00	Introductions Scope and purpose of the course Learning objectives	Anne Helene Garde, NFA, Heidi Lammers-van der Holst, Erasmus MC Johanna Samulin Erdem, STAMI
11.00–12.00	The diversity of working hour schedules – disruption of circadian rhythms	Anne Helene Garde, NFA
12.00–13.00	<i>Lunch at STAMI</i>	
13.00–13.45	Shift work and workplace accidents	Line Moen, STAMI
13.45–14.30	Shift work and cardiovascular health	Johanna Samulin Erdem, STAMI
14.30–15.00	<i>Coffee break</i>	
15.00–16.00	Shift work and cancer	Jenny-Anne Lie, STAMI
16.00–16.30	Present your own work	
18.30–	<i>Dinner at Restaurant Ludo, Vibes gate 11a, Oslo</i>	

Wednesday, 16.09.2026

9.00–9.45	Theoretical and methodological considerations in working hours research	Anne Helene Garde, NFA
9.45–10.30	Shift work and pain	Dagfinn Matre, STAMI
10.30–12.00	Demonstrations of the lab /coffee break	
12.00–13.00	<i>Lunch at STAMI</i>	
13.00–13.45	Shift work, sleep and sleepiness	Siri Waage, UIB

13.45–14.30	The interplay between individual and organizational factors in shift work scheduling	Anna Dahlgren, KI
14.30–16.00	Present you own work/ coffee break	
17.00–	Social programme and dinner: 17:00 Meet in the hotel lobby (Thon Hotel Gyldenløve, Bogstadveien 20, Oslo). Short walk to Paint & Sip for a painting workshop. 19:00 Two-course dinner at Brasserie Blanche .	

Thursday, 17.09.2026

9.00–9.45	Intervention and prevention strategies	Heidi Lammers-van der Holst, Erasmus MC
9.45–10.30	Personalized sleep & nutrition intervention for shift workers	Heidi Lammers-van der Holst, Erasmus MC
10.30–11.00	<i>Coffee break</i>	
11.00–11.45	Organizational strategies and societal impact	Anne Helene Garde, NFA
11.45–12.00	Closing of the course	
12.00–13.00	<i>Lunch at STAMI</i>	