

NIVA Course

Workplace interventions for prevention and management of musculoskeletal disorders

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

Wednesday, 23.9.2026

9.00 – 9.45	Workplace physical exercise – does one size fit all? Exercise for workers with different health problems – part 1	Joaquín Calatayud, University of Valencia
9.45 – 10.30	Workplace physical exercise – does one size fit all? Exercise for workers with different health problems – part 2	Joaquín Calatayud, University of Valencia
10.30–11.00	Coffee break	
11.00–11.45	Elastic band exercises – try and learn 10 different exercises to do at the workplace	Lars, Joaquín, Emil
11.45–12.30	Elastic band exercises – how to instruct your colleagues and get started with a 10-week exercise program at the workplace	Lars, Joaquín, Emil
12.30–13.30	Lunch	
13.30–14.15	Which new technologies can help reduce physical workload among workers with physically demanding work? Part 1	Mikkel Brandt, NFA
14.15–15.00	Which new technologies can help reduce physical workload among workers with physically demanding work? Part 2	Mikkel Brandt, NFA
15.00– 15.30	Coffee break	
15.30–16.30	Group work / discussion	All lecturers
18.00 –	Dinner and social program	

Thursday, 24.9.2026

9.00 – 9.45	Implementation of workplace interventions: where theory meets practice	Suzanne Merkus, STAMI
9.45 – 10.30	Implementation of workplace interventions: where theory meets practice	Suzanne Merkus, STAMI
10.30–11.00	Coffee break	
11.00–11.45	New Danish model for preventing and managing work-related musculoskeletal disorders	Sandra Schade Jacobsen, NFA
11.45–12.30	Group work / discussion	All lecturers
12.30–13.30	<i>Lunch</i>	
13.30–14.00	Take-home messages	All lecturers
14.00–14.30	Closing of the course	