

Working Hours and Health

Stockholm

7.-9.6.2021

Monday, 7.6.2021

12.00-12.15	Course registration	
12.15-13.00	<i>Lunch</i>	
13.00-13.30	NIVA welcome and general information	Erika Lehtonen, NIVA
13.30-14.00	Introduction Scope and purpose of the course Learning objectives	Mikko Härmä
14.00-14.45	Unsocial working hours and shift work: identification and exposure characterization	Mikko Härmä
14.45-15.15	<i>Coffee break</i>	
15.15-16.00	Circadian rhythms and sleep: introduction to the main pathways from shift work to disturbed health	Bjørn Bjorvatn
16.00-16.45	Epidemiological methods in shift work research: strengths and caveats	Henrik Kolstad
19.00 –	<i>Dinner at the hotel</i>	

Tuesday, 8.6.2021

9.00 – 9.45	Shift work, cancer and organic brain diseases	Johnni Hansen
9.45 – 10.30	Shift work and cardiovascular health	Henrik Kolstad
10.30-11.00	<i>Coffee break</i>	
11.00-11.45	Shift work, sleep and cognitive performance	Göran Kecklund, Phil Tucker
11.45-12.30	Shift work, occupational injuries and sickness absence	Anne Helene Garde, Mikko Härmä
12.30-13.30	<i>Lunch</i>	
13.30-14.15	Assessment and treatment of shift work disorder	Bjørn Bjorvatn

14.15–15.00	Fatigue management	Mikael Sallinen
15.00– 15.30	<i>Coffee break</i>	
15.30–16:15	Occupational health care and health examinations	Mikko Härmä
17.00–	<i>Social program and dinner</i>	

Wednesday, 9.6.2021

9.00–09.45	Long and short working hours and their association with health	Anne Helene Garde, Göran Kecklund
9.45–10.30	The association of worktime control with mental health and musculoskeletal problems	Anne Helene Garde, Göran Kecklund
10.30–11.00	<i>Coffee break</i>	
11.00–11.45	Flexible working hours and well-being in expert work	Philip Tucker
11.45–12.30	Individual differences in shift work	Philip Tucker
12.30–13.30	Discussion on participants own work/PhD projects - group work	Participants/all
13.30 14.15	Discussion on participants own work/PhD projects – group	Participants/all
14.15–14.45	Closing of the course	
14.45–15.00	<i>Coffee</i>	