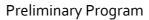


Working Hours and Health

Stockholm 7.-9.6.2021

Monday, 7.6.2021				
12.00-12.15	Course registration			
12.15-13.00	Lunch			
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	Coffee break			
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 –	Dinner at the hotel			

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	Coffee break			
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	Lunch			
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	Coffee break	
15.30–16:15	Occupational health care and health examinations	Mikko Härmä
17.00-	Social program and dinner	

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	Coffee break			
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	Coffee			