

Physical Exposures in the Workplace and their associations with musculoskeletal disorders and sick leave

STAMI, Oslo, Norway

03.02.2026- 04.02.2026

Tuesday, 03.02.2026

08:30– 09:00	Course registration	
09:00 – 09:15	NIVA welcome and general information	Nathalie Räihä, NIVA
09:15-09:45	Introduction of participants, aims of the course	Markus Koch
09:45-10:30	<i>Previous research based on subjective measurements</i>	Markus Koch
10:30-10.50	<i>Coffee break</i>	
10:50- 11.50	Objective measurement systems (overview state of the art)	Markus Koch
11:50 – 13:00	Lunch break	
13:00- 14.00	<i>Group work – Practical example of using objective methods – Get to know the software, sensor attachment, using the app</i>	SENS, Tonje Pedersen Ludvigsen
14:00–15:30	Ergo connect – Use of accelerometers in HSEQ management - SINTEF	Øystein Wiggen
15:30 -16:00	Sammendrag og avslutning av dagen	Markus Koch

Wednesday 04.02.2026

9:00 – 10:00	Recap of day 1, review of findings including objective methods	Markus Koch
10:00–11:00	<i>Group work, removing the sensors, checking the data and creating reports</i>	SENS, Tonje Pedersen Ludvigsen
11:00 – 11:15	<i>Coffee break</i>	
11:15 – 12:00	Influence of psychosocial factors on association between physical factors and health outcomes	Jan-Olav Christensen

12:00 – 13:00	<i>Lunch break</i>	
13:00 – 15:30	Ergonomic risk assessment. Presentation of different tools, examples and group work	Kjetil Vold, Hydro
15:30 – 16:15	Discussion and reflections	Markus Koch
16:15 – 16:30	Closing of the course	Nathalie Räihä, NIVA