

Workers in the cold

- a practice-oriented view on cold-related occupational health and safety

Tromsø, Norway
24.03.2026 – 26.03.2026

Tuesday, 24.03.2026

11.15–11.30	Course registration	
11.30–12.30	Lunch	
12.30–12.45	NIVA welcome and general information	Nathalie Räihä, NIVA
12.45–13.30	Scope and purpose of the course Learning objectives Who are the ones working in the cold?	Anje Höper, UNN, Norway
13.30–13.35	<i>Short coffee break</i>	
13.35–14.20	An overview of cold exposure and health (physiological to epidemiology)	Tiina Ikäheimo, UiT, UniOulu
14.20–14.30	<i>Coffee break</i>	
14.30–15.15	A military perspective	TBC
15.15–15.30	<i>Coffee break</i>	
15.30–16.15	TBC	TBC
16.15–17.00	Practical safety and risk assessment in Arctic field operations	Stig Magnus Lunde, UNIS
19.00–	<i>Dinner at the hotel</i>	

Wednesday, 25.03.2026

09.00–9.45	Cold exposure in the food processing industry	Anje Höper, UNN
09.45–10.30	International standards on safety and health for work in the cold - what is missing?	Rebecca Tapper, UmU, Sweden
10.30–10.45	<i>Coffee break</i>	
10.45–11.30	Personal protective equipment in the cold – focus on respirators and chemical risks	Kirsi Jussila, FIOH

11.30–12.15	Cold protective clothing	Kirsi Jussila, FIOH
12.15–13.15	<i>Lunch</i>	
13.15–16:30	Practical risk assessment at the workplace (indoor/outdoor)	Tiina Ikäheimo, UiT, UniOulu + others
18.00–	<i>Social programme and dinner</i>	

Thursday, 26.03.2026

09.00–09.30	Discussion of workplace visits	
09.30–10.30	Working in the cold with chronic diseases or chronic complaints. Cold as an additional exposure factor at work	Albin Stjernbrandt, UMU
10.30–11.00	<i>Coffee break</i>	
11.00–11.45	Cases from participants	Albin Stjernbrandt, UMU, Anje Höper, UNN
11.45–12.00	Closing of the course	Anje Höper, Nathalie Räihä
12.00–13.00	<i>Lunch and farewell</i>	