

Workers in the cold

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

Radisson Blu Hotel, Tromsø, Norway,

24-26.3.2026

Tuesday, 24.03.2026

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| 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, (NO) |
| 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 (NO) |
| 14:20-14:30 | <i>Coffee break</i> | |
| 14.30–15.15 | Workers in the cold – a military approach (including innovations/projects – hypothermia?) | Jørgen Melau, Norwegian Armed Forces (NO) |
| 15.15–15:30 | <i>Coffee break</i> | |
| 15.30–16.15 | Cold exposure in diving operations | Jørgen Melau, Norwegian Armed Forces (NO) |
| 16.15–17:00 | Practical safety and risk assessment in Arctic field operations | Stig Magnus Lunde, UNIS (NO) |
| 19.30– | <i>Dinner at the hotel</i> | |

Wednesday, 25.03.2026

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| 9.00–9.45 | Cold protective clothing | Kirsi Jussila, FIOH (FI) |
| 9.45–09.55 | <i>Coffee break</i> | |

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| 09.55–10.40 | Personal protective equipment in the cold – focus on respirators and chemical risks | Kirsi Jussila, FIOH (FI) |
| 10.40–11.00 | Preparation for the workplace visit | Tiina Ikäheimo, UiT, (NO) Anje Höper, UNN (NO) |
| 11:00–11.45 | <i>Lunch</i> | |
| 11:45–14:00 | Workplace visit with practical risk assessment | |
| 14:00–14:30 | <i>Break</i> | |
| 14:30–15:15 | Discussion of workplace visit | Tiina Ikäheimo, UiT, (NO) Anje Höper, UNN (NO) |
| 15:15–16:00 | International standards on safety and health for work in the cold - what is missing? (Lecture and discussion) | Rebecca Tapper, UmU (SE) |
| 18.00– | <i>Social programme</i> | |

Thursday, 26.03.2026

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| 9.00–9.30 | Cold exposure in the food processing industry | Anje Höper, UNN (NO) |
| 9.30–10.30 | Working in the cold with chronic diseases or chronic complaints. Cold as an additional exposure factor at work (vibration, noise...) | Albin Stjernbrandt, UMU (SE) |
| 10.30–11.00 | <i>Coffee break</i> | |
| 11.00–11.45 | Cases from participants | Albin Stjernbrandt, UMU (SE) Anje Höper, UNN (NO) |
| 11.45–12.00 | Closing of the course | |
| 12.00–13.00 | <i>Lunch and farewell</i> | |