

## 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

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 *Short coffee break*

13.35–14.20 **An overview of cold exposure and health (physiological to epidemiology)**

**Tiina Ikäheimo, UiT,**  
UniOulu (NO)

14.20–14.30 *Coffee break*

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 *Coffee break*

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– *Dinner at the hotel*

Wednesday, 25.03.2026

9.00–9.45 **Cold protective clothing**

**Kirsi Jussila, FIOH (FI)**

9.45–09.55 *Coffee break*

09.55–10.40	<b>Personal protective equipment in the cold – focus on respirators and chemical risks</b>	<b>Kirsi Jussila, FIOH (FI)</b>
10.40–11.00	<b>Preparation for the workplace visit</b>	<b>Tiina Ikäheimo, UiT, (NO)</b> <b>Anje Höper, UNN (NO)</b>
11.00–11.45	<i>Lunch</i>	
11.45–14.00	<b>Workplace visit with practical risk assessment</b>	
14.00–14.30	<i>Break</i>	
14.30–15.15	<b>Discussion of workplace visit</b>	<b>Tiina Ikäheimo, UiT, (NO)</b> <b>Anje Höper, UNN (NO)</b>
15.15–16.00	<b>International standards on safety and health for work in the cold - what is missing? (Lecture and discussion)</b>	<b>Rebecca Tapper, UmU (SE)</b>
18.00–	<i>Social programme</i>	

#### Thursday, 26.03.2026

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