

Innovative methods for studying Working Life Patterns: Use in Epidemiologic and Economic Occupational Health Research

Hanaholmen, Helsinki, Finland
4.3.2026 – 5.3.2026

Wednesday, 4.3.2026

8.00 – 9.00	<i>Morning sauna and swim (voluntary)</i>	
9.00 – 9.30	Course Registration	
9.30 – 9.45	NIVA welcome, general info	Veronica Aspelin-Forsell , NIVA Education
9.45 – 10.00	Introduction to the course Scope and purpose of the course, learning objectives and lecture plan	Rachel Hasting , STAMI + all lecturers
10.00 – 10.45	Introduction to working life patterns: Dynamic measures and methods	Karina Udem , STAMI & Karen Oude Hengel , TNO
10.45 – 11.00	<i>Coffee break</i>	
11.00 – 12.00	What do we know about working life patterns – and what not? A summary of the research field	Karen Oude Hengel & Karina Udem
12.00 – 13.00	<i>Lunch</i>	
13.00 – 14.00	How to design and interpret studies on working life patterns?	Svetlana Solovieva , FIOH
14.00 – 14.15	<i>Coffee break</i>	
14.15 – 15.15	Group work – country-specific factors that affect working life patterns over time	Rachel Hasting (intro to session)
15.15 – 15.30	<i>Leg stretch</i>	
15.30 – 16.30	Presentation/discussion of group work	
16.45 – 17:30	<i>Guided tour at Hanaholmen</i>	
18.30 –	<i>Dinner at Restaurant PLATS, Hanaholmen</i>	

Thursday, 5.3.2026

8.00 – 9.00 *Morning sauna and swim (voluntary)*

9.00 – 10.00 **Incorporating cost evaluation into studies of working life patterns** **Jacob Pedersen, NFA**

10.00 – 10.15 *Coffee break*

10.15 – 11.00 **Participant presentations**

11.00 – 12.00 **Disseminating and implementing results on working life patterns** **Laura Salonen, FIOH**

12.00 – 13.00 *Lunch*

13.00 – 14.00 **Summary and Q&A with lecturers**

14.00 – 14.30 *Closing of the course and farewell*