

Ergonomic Work Exposures and their Relation to Musculoskeletal Disorders and Sickness Absence

STAMI, Oslo, Norway

03.02.2026- 04.02.2026

Tuesday, 03.02.2026

08:30–09:00	Course registration	
09:00–09:10	NIVA welcome and general information	Nathalie Räihä, NIVA
09:10–09:35	Introduction of participants, aims of the course	Markus Koch, STAMI (NO)
09:35– 10:20	Previous research based on subjective measurements	Markus Koch, STAMI (NO)
10:20– 10:45	<i>Coffee break</i>	
10:45– 11:45	Objective measurement systems (overview state of the art)	Markus Koch, STAMI (NO)
11:45 –12:45	<i>Lunch break</i>	
12:45– 14:00	Group work – Practical example of using objective methods – Get to know the software, sensor attachment, using the app	Tonje Pedersen Ludvigsen, NFA (DK)
14:00–14:10	<i>Short break</i>	
14:10–15:30	Ergo connect – Use of accelerometers in HSEQ management - SINTEF	Øystein Wiggen, SINTEF (NO)
15:30– 15:45	End-of-Day Reflections	Markus Koch, STAMI (NO)
16:45->	<i>Social programme and dinner:</i> 16:45 Meet in hotel lobby (Thon Hotel Gyldenløve) Bus transportation to the Munch Museum. 17:15 Guided tour of the Munch Museum 18:00 Dinner at Bistro Tolvte , located on the museum's 12 th floor. 20:15 Bus transportation back to the hotel.	

Wednesday 04.02.2026

09:00–10:00	Recap of day 1, review of findings including objective methods	Markus Koch, STAMI (NO)
10:00– 11:00	Group work, removing the sensors, checking the data and creating reports	Tonje Pedersen Ludvigsen, NFA (DK)
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, STAMI (NO)
12:00 – 13:00	<i>Lunch break</i>	
13:00 – 13:45	Ergonomic risk assessment. Presentation of different tools, examples and group work	Kjetil Vold, Hydro Aluminium (NO)
13:45 – 14:00	<i>Coffee break</i>	
14:00 – 15:30	Ergonomic risk assessment. Examples and group work	Kjetil Vold, Hydro Aluminium (NO)
15:30 – 16:15	Discussion and reflections	Markus Koch, STAMI (NO)
16:15	Closing of the course	Nathalie Räihä, NIVA