

Working Hours and Occupational Safety and Health

STAMI, Oslo, Norway
 15th – 17th of September 2026

Tuesday, 15.09.2026

10.00–10.15	Course registration	
10.15–10.30	NIVA welcome and general information	Nathalie Rähä, NIVA
10.30–11.00	Introductions Scope and purpose of the course Learning objectives	Anne Helene Garde, NFA, Heidi Lammers-van der Holst, Erasmus MC Johanna Samulin Erdem, STAMI
11.00–12.00	The diversity of working hour schedules – disruption of circadian rhythms	Anne Helene Garde, NFA
12.00–13.00	<i>Lunch</i>	
13.00–13.45	Shift work and workplace accidents	Line Moen, STAMI
13.45–14.30	Shift work and cardiovascular health	Johanna Samulin Erdem, STAMI
14.30–15.00	<i>Coffee break</i>	
15.00–16.00	Shift work and cancer	Shan Zienolddiny-Narui, STAMI
16.00–16.30	Combined exposure to shift work and chemicals: need for adjustment of occupational exposure limit values	TBD
19.00–	<i>Dinner</i>	

Wednesday, 16.09.2026

9.00–9.45	Theoretical and methodological considerations in working hours research	Anne Helene Garde, NFA
9.45–10.30	Shift work and pain	Dagfinn Matre, STAMI
10.30–11.00	<i>Coffee break</i>	

11.00–11.30	TBD	Anna Dahlgren, KI
11.30–12.00	Shift work, sleep and sleepiness	Siri Waage, UIB
12.00–13.00	<i>Lunch</i>	
13.00–16.00	Demonstrations and present your own work	
16.00–	<i>Social programme and dinner</i>	

Thursday, 17.09.2026

9.00–9.45	Intervention and prevention strategies	Heidi Lammers-van der Holst, Erasmus MC
9.45–10.30	Personalized sleep & nutrition intervention for shift workers	Heidi Lammers-van der Holst, Erasmus MC
10.30–11.00	<i>Coffee break</i>	
11.00–11.45	Organizational strategies and societal impact	Anne Helene Garde, NFA
11.45–12.00	Closing of the course	
12.00–13.00	<i>Lunch</i>	