

## 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	<b>Nathalie Riih�,</b> NIVA
10.30–11.00	Introductions Scope and purpose of the course Learning objectives	<b>Anne Helene Garde,</b> NFA, <b>Heidi Lammers-van der Holst,</b> Erasmus MC <b>Johanna Samulin Erdem,</b> STAMI
11.00–12.00	<b>The diversity of working hour schedules – disruption of circadian rhythms</b>	<b>Anne Helene Garde,</b> NFA
12.00–13.00	<i>Lunch at STAMI</i>	
13.00–13.45	<b>Shift work and workplace accidents</b>	<b>Line Moen,</b> STAMI
13.45–14.30	<b>Shift work and cardiovascular health</b>	<b>Johanna Samulin Erdem,</b> STAMI
14.30–15.00	<i>Coffee break</i>	
15.00–16.00	<b>Shift work and cancer</b>	<b>Jenny-Anne Lie,</b> STAMI
16.00–16.30	<b>Combined exposure to shift work and chemicals: need for adjustment of occupational exposure limit values</b>	TBD
18.30–	<i>Dinner</i>	

Wednesday, 16.09.2026

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

11.00–11.30	<b>The interplay between individual and organizational factors in shift work scheduling</b>	<b>Anna Dahlgren, KI</b>
11.30–12.00	<b>Shift work, sleep and sleepiness</b>	<b>Siri Waage, UIB</b>
12.00–13.00	<i>Lunch at STAMI</i>	
13.00–16.00	<b>Demonstrations and present your own work</b>	
17.00–	<i>Social programme and dinner</i>	

## Thursday, 17.09.2026

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