

Working Hours, Health, Wellbeing and Participation in Working Life WOW Working Time Policy 2020 symposium 13.11.2020

Programme (note: *Finnish time, GMT +2 hours*)

The link to the streaming is <https://ttl.livestriimi.fi/wowsymposium>.

10.00-11.00	Press conference for media representatives
	Lunch break
12:00-12:20	Opening and introduction Working Hours, Health, Wellbeing and Participation in Working life (WOW). Creating new working time models and solutions to the Nordic Countries <i>WOW project leader, prof. Mikko Härmä, Finnish Institute of Occupational Health</i>
	The main scientific results of the WOW project and presentation of the WOW recommendations for the characteristics of working hours <i>Chair Director Kirsi Ahola, Finnish Institute of Occupational Health</i>
12:20-12:45	Working hours in the Nordic countries (5 minutes for questions) <i>Dr. Timo Anttila, University of Jyväskylä</i>
12:45-13:10	The length of weekly working hours (5 minutes for questions) <i>Prof. Anne Helene Garde, National Research Centre for the Work Environment</i> <i>Prof. Göran Kecklund, Stockholm University</i>
	Break
13:25-13:50	Shift work, health and well-being (5 minutes for questions) <i>Prof. Mikko Härmä, Finnish Institute of Occupational Health</i> <i>Dr. Kati Karhula, Finnish Institute of Occupational Health</i>
13:50-14:15	Flexible working hours and work-time control (5 minutes for questions) <i>Dr. Annina Ropponen, Finnish Institute of Occupational Health</i> <i>Dr. Constanze Leineweber, Stockholm University</i>
	Break
14:30-14:55	Individual level management of sleep and fatigue in shift work (5 minutes for questions) <i>Prof. Bjørn Bjorvatn, University of Bergen</i> <i>Dr. Mikael Sallinen, Finnish Institute of Occupational Health</i>
14.55-15.10	Conclusions and closing of the symposium <i>Prof. Mikko Härmä, Finnish Institute of Occupational Health</i>

The questions and comments from the audience are kindly asked to be sent by email to the chair (Kirsi.Ahola@ttl.fi) during the symposium. There will be five minutes for the questions after every presentation.

WOW consortium partners

Finnish Institute of
Occupational Health



Det Nationale Forskningscenter
for Arbejdsmiljø

STAMI
NATIONAL INSTITUTE
OF OCCUPATIONAL HEALTH



Stockholms
universitet



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