



## ICOH 2015-2018 TRIENNIUM MIDTERM SCIENTIFIC COMMITTEE REPORT

### MIDTERM REPORT Covering June 2015-November 2016

Note: We are using an identical format for the SC Midterm and Final Reports. Each covers a specified timeframe. **The SC Midterm Report covers June 2015-November 2016. Please return it no later than November 1, 2016 to:**

Vice President Marilyn Fingerhut [mfingerhut@cdc.gov](mailto:mfingerhut@cdc.gov) and  
Secretary General Sergio Iavicoli [s.iavicoli@inail.it](mailto:s.iavicoli@inail.it)

The SC Midterm Report will be maintained in your Scientific Committee “Reports and Events” on the ICOH Scientific Committee Virtual Office at <http://www.icohweb.org/site/member-corner-scientific-committees-virtual-office.asp> .

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Submitted by Scientific Committee: \_\_\_ Shiftwork and Working Time \_\_\_\_\_  
Date: \_\_\_\_\_

**Chair:** Dr. Frida Marina Fischer  
Email address: [fischer.frida@gmail.com](mailto:fischer.frida@gmail.com)

From year: 2015

**Secretary:** Dr. Stephen Mark Popkin  
Email address: [Stephen.Popkin@dot.gov](mailto:Stephen.Popkin@dot.gov)

From year: 2015

**SC Website URL:** <http://www.workingtime.org/>

**Other SC Means of Communications:** Listserv, Facebook Page:  
<https://www.facebook.com/WorkingTimeSociety>

#### Focus and aim of Scientific Committee:

The Working Time Society (WTS) and the Scientific Committee on “Shiftwork and Working Time” of the International Commission on Occupational Health (ICOH-SC SW&WT) are twin associations focused on studies, research and practices on psycho-social aspects and health problems connected with night and shift work and, more generally, with working hours. The aim is the improvement of workers’ health and well-being via proper preventive (e.g. flexible working hours, ergonomic shift schedules) and compensative measures (e.g. work and social organisation, counselling, medical surveillance).

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**PART I – ACTIVITIES: Business meetings, Conferences, Seminars and Workshops**  
**Midterm Report: June 2015-November 2016 (report due November 31, 2016)**

*Please note collaborations with other SCs, WHO, ILO and NGOs.*

1) **Business meeting:** in conjunction with the biennial shiftwork and working time international symposium

Venue: Konventum Conference Center, Elsinore, Denmark

Date: 12 June 2015

Number of attendees: 69

Date report sent to Vice President Marilyn Fingerhut (Please use Business Report form in SC Virtual Office at <http://www.icohweb.org>): 13 September 2015

**Conferences, Seminars, Workshops, Courses, etc during the Triennium 2015-2018:** *(please fill in the tables)*

<b>(1) Name of the event:</b>	<b>22<sup>nd</sup> International Symposium on Shiftwork and Working Time</b>				
<b>Type of event (please check):</b>	<b>Conference</b>	<b>Seminar</b>	<b>Workshop</b>	<b>Course</b>	<b>Other</b>
	XXX				
<b>Date:</b>	8 – 12 June 2015				
<b>Venue:</b>	Konventum Conference Center, Elsinore, Denmark				
<b>Organizers:</b>	Confederation of Danish Industry, and Det Nationale Forskningscenter for Arbejdsmiljø				
<b>Co-organizers and Collaborators: Please identify and describe roles.</b>	Working Time Society: provided seed funding, logistical and scientific support in planning				
<b>Number of participants:</b>	175				
<b>Publication or provision of CD/DVD proceedings:</b>					
<b>Book of abstracts:</b>	<a href="http://www.shiftwork2015.net/">http://www.shiftwork2015.net/</a>				
<b>Book of selected proceedings:</b>					
<b>Special issue of peer reviewed journals:</b>	Special Issue of Chronobiology International: <a href="http://www.tandfonline.com/toc/icbi20/33/6?nav=tocList">http://www.tandfonline.com/toc/icbi20/33/6?nav=tocList</a> Individual Publications in Scandinavian Journal of Work, Environment and Health				
<b>Assessment of success:</b>	The event was success both in attendance (175) and in finance (surplus of €9000). A survey was sent out to all attendees after the meeting; nearly all replied that it was a high value event and thought it was well-run. A few suggestions were provided on how to handle travel grants for future meetings.				

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## **PART II Midterm Report: SC Products and Collaborations June 2015-November 2016 Publications, Guidelines\*, Position Papers\*, etc**

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**Publications, Proceedings, Guidelines\*, Position Papers\*, etc.** Provide title, authors, full citation. SCs are encouraged to produce ICOH Guidelines\* and Position Papers\*. \*Guidelines and Position Papers must be approved by the ICOH SC Vice Presidents, Secretary General and President.

None during this period.

**Cooperation with other Scientific Committees:** (If cooperation in a Conference not listed above, provide title, dates, location and name and role of each SC. Provide relevant details of other collaborations with SCs.)

Several members from other Scientific Committees have joined us as liaisons. As we update our by-laws and internal process we will continue to be assigning board members as liaisons to other Scientific Committees. We hope to have these assignments in place in 2017.

**Participation and support to WHO – ILO meetings and or publications:** (If cooperation in a Conference not listed above, provide title, dates, location and role of each. Provide relevant details of other collaborations with WHO and/or ILO.)

None during this period.

**Cooperation with non-ICOH organizations:** (If cooperation in a Conference not listed above, provide title, dates, location and name and role of each participating organization. Provide relevant details of collaborations other than conferences.)

Currently the Scientific Committee on Shiftwork and Working Time cooperates with three other topical organizations, Arbeitszeitgesellschaft (German Speaking Work Time Society), Working Time Japanese Society, and the Working hours In the Nordic Countries (WINC). Arbeitszeitgesellschaft independently pursues similar aims as the Scientific Committee, with an emphasis on considering specific issues relevant to German-speaking countries. Several ICOH members are active in this Society and many are active in both Societies. This is part of an effort to grow capacity in the area and also be relevant to a particular need area. This is also the case with the Working Time Japanese Society. Furthermore, the Scientific Committee has continued building a relationship with *Working hours In the Nordic Countries* (WINC), a society for Nordic researchers with an interest in working hours (<http://nordencentrum.pl/publikacje/monitorn/item/40-working-time>).

<b>Event:</b>	Symposium der Arbeitszeitgesellschaft (3rd Symposium of the German-speaking Working Time Society)				
<b>Type of event (please check):</b>	<b>Conference</b>	<b>Seminar</b>	<b>Workshop</b>	<b>Course</b>	<b>Other</b>
	XXX				
<b>Date:</b>	9 October 2015				
<b>Venue:</b>	Vienna, Austria				
<b>Organizers:</b>	German Language Working Time Society (Arbeitszeitgesellschaft; <a href="http://arbeitszeitgesellschaft.wildapricot.org/">http://arbeitszeitgesellschaft.wildapricot.org/</a> )				
<b>Role:</b>	Supporting organization and event by member involvement and reporting out at Executive Board meeting and other media.				
<b>Number of participants:</b>	50				

<b>Name of the event:</b>	<b>Inauguration meeting of the Work Time Japanese Society (WTJS)</b>				
<b>Type of event (please check):</b>	<b>Conference</b>	<b>Seminar</b>	<b>Workshop</b>	<b>Course</b>	<b>Other</b>
					XXXX
<b>Date:</b>	24 April 2016				
<b>Venue:</b>	The Ohara Memorial Institute for Science of Labour, Tokyo, Japan. (Oberlin University, 1-1-12, Sendagaya, Shibuya-ku, Tokyo, 151-0051, Japan.)				
<b>Organizers:</b>	Masaya Takahashi (President) and ICOH SC on Shiftwork and Working Time member				
<b>Co-organizers and Collaborators: Please identify and describe roles.</b>	Tsukasa Sasaki (board member) Etsuko Yoshikawa (board member) Kanami Tsuno (board member) Hirokuni Ikezoe (board member) Tomohide Kubo (secretariat) Yoshiko Kubo (auditor) Working Group for Occupational Fatigue, Japan Society for Occupational Health (joint hosting)				
<b>Number of participants:</b>	35				
<b>Products:</b>	Abstract/program book produced in PDF				

#### **Any other points of relevance:**

The Scientific Committee's leadership has met seven times since its business meeting in 2015 to maintain continuity of actions. Specific actions include developing liaisons with other Scientific Committees and to update its by-laws such that they are in accordance with ICOH but also allow the symbiotic relationship with its twin organization, the Working Time Society ([www.workingtime.org](http://www.workingtime.org)), which is in the process of incorporating as a non-profit. This is an important step that will allow the

Working Time Society to be considered a legitimate entity, accepting funds from meetings it co-sponsors, which are then used to operate its social media presence and related outreach, fund special projects such as consensus papers that may be freely distributed to practitioners and policy makers around the world, and provide seed funding for future symposia and travel grants for students and members of the professional areas from developing countries. The Working Time Society by-laws have been updated and the organization is in the process of incorporating.

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### **PART III Midterm Report: SC PLANS for second half of Triennium: December 2016-May 2018**

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#### **Planned business meetings, conferences, seminars:** (provide title, location, date if possible)

The 23<sup>rd</sup> International Symposium on Shiftwork and Working Time will be held 19-23 June 2017 in Ayres Rock, Australia (<http://shiftwork2017.com>). During this meeting there will be a business meeting of the membership on the 23<sup>rd</sup>.

#### **Planned collaborative Activities with other ICOH Scientific Committees:** (Provide Conference title, dates, location and name and role of each SC. Provide relevant details of other collaborations with SCs.)

A joint oral presentation session with the SC on Aging and Work is planned for ICOH 2018. Our leadership team has been tasked to serve as liaisons with the following ICOH SCs that we feel intersect with our own: Accident Prevention; Aging and work; Mining Occupational Health and Safety; Women's Health and Work; Work Organization and Psychosocial Factors.

#### **Planned collaborative Activities with other (Non-ICOH) Organizations:** (Provide Conference title, dates, location and name and role of the SC and each participating organization. Provide relevant details of collaborations other than conferences.)

The Scientific Committee is considering possible collaboration opportunities with both the German Working Time Society, Working hours In the Nordic Countries (WINC), and the Working Time Japan Society.

#### **Planned Publications, Position papers, etc.:** (Provide title, authors, timeframe, publication, if known)

As part of the 23<sup>rd</sup> International Symposium, a set of consensus papers on several topics of shiftwork and working time will be produced and published for shiftwork researchers, regulators and practitioners around the world to use. In addition, the proceedings and select papers from this conference will be published in the peer-reviewed literature.

#### **Planned Scientific Contributions to ICOH 2018:** (Be specific: List title of special scientific sessions, speakers, abstract reviewers, business meeting, etc.)

We are planning two three-hour oral presentation and discussion sessions at ICOH 2018. The first is a special session on shiftwork and working time: psychological, physiological and public health impacts and what to do about it. Planned papers include:

1) Abraham Haim (Department of Biology, University of Haifa, Israel).

Breast cancer and shift working in a light polluted world

2) Tamar Shochat (Faculty of Social Welfare and Health Sciences, University of Haifa, Israel).

Psycho-biological predictors of sleepiness in female nurses during the night shift with and without a short planned nap.

3) Orna Tzischinsky (Emek Yezreel College, Israel).

Comparing Sleep, Burnout and Quality Of Life in Airline Ground Crew Shift-Workers moving from 8 to 12-hr Rotating Shift Schedules.

4) Frida Marina Fischer (School of Public Health, University of Sao Paulo).

Shiftworkers usually face multiple job stressors affecting health and wellbeing: a necessary comprehensive intervention

5) Steve Popkin, Kim Davies-Schrills (Department of Transportation, USA).

Effecting behavioural change to improve health and safety in an unscheduled workforce: Lessons learned from an interview within the United States Railway Industry.

6) Kazutaka Kogi (Institute for Science of Labor, Japan).

Practical guidelines for linking better working time arrangements with stress prevention at work

We plan to have time at the end for panel question and answer from the session attendees. In addition we are planning to hold a second three-hour session together with the Aging and Work Scientific Committee. Planned papers for that session include:

1) Mikko Härmä (Finnish Institute of Occupational Health).

Aging and shiftwork: a prospective study of hospital workers

2) Janet Barnes-Farrell (University of Connecticut, USA).

(title will be sent later on)

3) Jill Dorrian (University of South Australia -UNISA- Australia).

Coping with Shiftwork: individual and team strategies for health and safety

4) Anne Helene Garde (Danish National Research Centre for the Working Environment).

(Title will be sent later on)

5. Maria Carmen Martinez (PhD; Consulting in Epidemiology in Occupational Health).

Work load and early functional aging among hospital workers

6. Karin Proper (VU University, Amsterdam).

Shiftwork and metabolic health risks (a review)

7. Jeanne Duffy (Harvard Medical School).

(title will be sent later on)

8. Prakash K.C. (University of Tampere).

Long-term effects of shift work on mobility functions after labor market exit.

**Any other points of relevance:**

During the next 18 months the Scientific Committee will update its by-laws to be consistent both with ICOH requirements, and allow the duality of it and the Working Time Society to continue. This will likely require a presentation to the ICOH leadership upon or before submission of the updated by-laws. In addition, the organization is focused on building up relationships with other Scientific Committees and fulfilling its mission of making our research and knowledge accessible to all countries. To this end we will be working on both the consensus papers but also a communications and distribution strategy and network to help ensure that lean/developing economies can utilize this work and have access to our members when they have questions or related needs.

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**PART IV – Assessment of Success of SC and Impact on Global Occupational Health**

**We want to understand and share widely the value and impact of the work of the Scientific Committees on improving global occupational health. Please look back into the past and provide an assessment.**

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**Midterm Report:** Please assess the success of the SC and its influence in improving global occupational health as a result of the work *prior to* the current Triennium. Give examples where possible.

The Scientific Committee has always provided a forum for the international community to focus on the health and safety impacts of night and shiftwork. It has been holding international symposia every two to three years since the 1960s, with representation from over 25 countries from five to six continents. At each symposium five to ten participants are either fully or partially funded to attend, many from developing nations. The intent is to build awareness and capacity in these countries to help effect change, both at the worker level, and within various government and oversight agencies. Because of this approach, nations such as Brazil have a strong awareness and research program on this topic, and has allowed one of its citizens to become chair of this Scientific Committee. Understanding that this is not enough, however, the SC is being focused on developing a set of useful documents that it can use to support efforts in both developing and developed nations to improve shiftwork conditions.

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**PART V – Evaluation of this Midterm Report form.**

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\_\_\_\_\_ This form is acceptable

\_\_\_\_\_ This form should be changed. Please recommend changes.

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**PART VI – List of Members of Scientific Committee or attach list  
(provide full name and email address)**

<b>Name:</b>		<b>Email address:</b>
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*Thank you for completing this form.*