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 and
Secretary General Sergio Iavicoli 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.

Submitted by Scientific Committee: Shiftwork and Working Time
Date:____________________

Chair: Dr. Frida Marina Fischer
Email address: fischer.frida@gmail.com
From year: 2015

Secretary: Dr. Stephen Mark Popkin
Email address: 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).

PART I – ACTIVITIES: Business meetings, Conferences, Seminars and Workshops
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](http://www.icohweb.org)): 13 September 2015

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

<table>
<thead>
<tr>
<th>(1) Name of the event:</th>
<th>22nd International Symposium on Shiftwork and Working Time</th>
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</thead>
<tbody>
<tr>
<td>Type of event (please check):</td>
<td>Conference</td>
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<tr>
<td>Date:</td>
<td>8 – 12 June 2015</td>
</tr>
<tr>
<td>Venue:</td>
<td>Konventum Conference Center, Elsinore, Denmark</td>
</tr>
<tr>
<td>Organizers:</td>
<td>Confederation of Danish Industry, and Det Nationale Forskningscenter for Arbejdsmiljød</td>
</tr>
<tr>
<td>Co-organizers and Collaborators: Please identify and describe roles.</td>
<td>Working Time Society: provided seed funding, logistical and scientific support in planning</td>
</tr>
<tr>
<td>Number of participants:</td>
<td>175</td>
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<tr>
<td>Publication or provision of CD/DVD proceedings:</td>
<td></td>
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<tr>
<td>Book of abstracts:</td>
<td><a href="http://www.shiftwork2015.net/">http://www.shiftwork2015.net/</a></td>
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<td>Book of selected proceedings:</td>
<td></td>
</tr>
</tbody>
</table>
| Special issue of peer reviewed journals: | Special Issue of Chronobiology International: [http://www.tandfonline.com/toc/icbi20/33/6?nav=tocList](http://www.tandfonline.com/toc/icbi20/33/6?nav=tocList)  
   Individual Publications in Scandinavian Journal of Work, Environment and Health |
| Assessment of success: | 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. |
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/monitor/item/40-working-time).
Event: Symposium der Arbeitszeitgesellschaft (3rd Symposium of the German-speaking Working Time Society)

Type of event (please check): Conference Seminar Workshop Course Other

Date: 9 October 2015

Venue: Vienna, Austria


Role: Supporting organization and event by member involvement and reporting out at Executive Board meeting and other media.

Number of participants: 50

Name of the event: Inauguration meeting of the Work Time Japanese Society (WTJS)

Type of event (please check): Conference Seminar Workshop Course Other

Date: 24 April 2016

Venue: The Ohara Memorial Institute for Science of Labour, Tokyo, Japan. (Oberlin University, 1-1-12, Sendagaya, Shibuya-ku, Tokyo, 151-0051, Japan.)

Organizers: Masaya Takahashi (President) and ICOH SC on Shiftwork and Working Time member

Co-organizers and Collaborators: Please identify and describe roles.

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)

Number of participants: 35

Products: 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.

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

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

The 23rd 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 23rd.

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 23rd 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-Schrils (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)

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.

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.

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 if 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.

PART V – Evaluation of this Midterm Report form.

This form is acceptable

This form should be changed. Please recommend changes.
### PART VI – List of Members of Scientific Committee or attach list
(provide full name and email address)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Email address:</th>
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<tbody>
<tr>
<td>AGUIRRE ARANIBAR</td>
<td>Leonardo <a href="mailto:laguirre@mutual.cl">laguirre@mutual.cl</a></td>
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<td>CHAVERA BIANCHI</td>
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<td>FISCHER</td>
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<td>GONZALEZ VARGAS</td>
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<td>POPKIN</td>
<td>Stephen <a href="mailto:Stephen.Popkin@dot.gov">Stephen.Popkin@dot.gov</a></td>
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<td>SEN</td>
<td>Krishna Nirmalya <a href="mailto:knsen@ln-tecc.com">knsen@ln-tecc.com</a></td>
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<tr>
<td>STAUN</td>
<td>Julie M.C. <a href="mailto:jules@anarki.dk">jules@anarki.dk</a></td>
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<tr>
<td>Name</td>
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Thank you for completing this form.