



## Interventions mitigating health risks among shift workers: Current knowledge and workplace practices

Tuesday, November 6, 2012 89 Chestnut Conference Centre, Toronto

| Time        | Topic                                                                                                            |                                                                                                                              | Presenter                                                                                                                  |
|-------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| 8:00-8:30   | Breakfast and registration Giovanni Room                                                                         |                                                                                                                              |                                                                                                                            |
| 8:30-9:30   | Welcome Shift work survey results Research update on the health effects of shiftwork Giovanni Room               |                                                                                                                              | Paul Demers, OCRC<br>Ron Saunders, IWH                                                                                     |
| 9:30-10:15  | Shift work schedule rotations<br>Giovanni Room                                                                   |                                                                                                                              | Robert Whiting, CCOHS                                                                                                      |
| 10:15-10:30 | Break                                                                                                            |                                                                                                                              |                                                                                                                            |
| 10:30-11:15 | Work schedule flexibility, work time control, and self-rostering<br>Giovanni Room                                |                                                                                                                              | Karen Albertsen, Team<br>Working Life, Denmark                                                                             |
| 11:15-12:00 | Controlled exposure to light and darkness<br>Giovanni Room                                                       |                                                                                                                              | Diane Boivin, McGill<br>University                                                                                         |
| 12:00-1:00  | Lunch<br>Giovanni Room lobby                                                                                     |                                                                                                                              |                                                                                                                            |
| 1:00-2:30   | Breakout sessions                                                                                                |                                                                                                                              |                                                                                                                            |
|             | Healthcare<br>Terrace Room West                                                                                  | <b>Manufacturing</b> Lombard Room                                                                                            | Public Safety Terrace Room East                                                                                            |
|             | Facilitator:<br>Patti Boucher, PSHSA                                                                             | Facilitator:<br>Desre Kramer, OCRC                                                                                           | Facilitator:<br>Kim McClelland, Toronto<br>Police                                                                          |
|             | Sector advisors:<br>Nancy Johnson, ONA<br>Kathryn Nichol, UHN<br>Lisa McCaskell, OPSEU<br>Andreane Chenier, CUPE | Sector advisors: Bob Dobbs, Ford Motor Co. Tony Lipari, CKF Inc. Andrew Harkness, WSPS Sari Sairanen, CAW Gerry Leblanc, USW | Sector advisors:<br>Michel Paul, DRDC<br>Lori Gray, Toronto EMS                                                            |
| 2:30-2:45   | Break                                                                                                            |                                                                                                                              |                                                                                                                            |
| 2:45-3:15   | Report back Giovanni Room                                                                                        |                                                                                                                              | All breakout session facilitators                                                                                          |
| 3:15-4:00   | Panel discussion and future directions  Giovanni Room                                                            |                                                                                                                              | Chair: Kristan Aronson,<br>Queen's University<br>Panelists: Paul Demers, Ron<br>Saunders, Karen Albertsen,<br>Diane Boivin |