

## **2016 Occupational Health Psychology (OHP) Summer Institute**

### **OHP Innovation and Creative Strategies Leading to Total Worker Health July 12-14, 2016**

Location: Portland State University Smith Memorial Student Union, Rooms 327-329  
Address: 1825 SW Broadway, Portland, Oregon 97201

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#### Time at Work and Workers' Health



*Abstract:* Work-time factors such as hours, schedules, shifts, breaks and overtime have important consequences for workers' health and well-being. For instance, work-time arrangements influence health outcomes through physical and psychosocial workplace hazards, through desynchronized biological rhythms (e.g. night work), and/or limited ability to deal with personal and family issues. The objective of the session is to understand and discuss how and why different work-time arrangements affect workers' health and well-being. The session introduces relevant theoretical notions about time at work and overviews the scientific evidence regarding occupational health outcomes. The session emphasizes on the direct (e.g. physical exposures) and indirect (e.g. behavioral, stress) pathways and mechanisms by which different time arrangements influence health and well-being outcomes. The session continues discussing methodological challenges in the field and potential solutions to improve causal inference, and concludes by mentioning the current research agenda regarding the association of time at work and health outcomes.