



Fourth Conference »Safe and Healthy University«

Psychosocial strains – a topic at universities?

28th to 30th September 2015

DGUV Akademie Dresden

1st day · Monday, 28 September 2015

1.15 p.m.	Welcome and organisational matters Dr Frauke Jahn <i>Institute for work and health of the German Social Accident Insurance, Dresden</i>
	Introduction to the topic
1.40 p.m.	1st KEYNOTE BurnOn instead of BurnOut Prof. Dr. med. Georg Schürgers <i>Hamburg University of Applied Sciences</i>
2.45 p.m.	2nd KEYNOTE EU-Campaign 2014 – 2015: Healthy Workplaces Campaign 2014 – 2015: Manage Stress Birgit Müller <i>EU-OSHA</i>
3.15 p.m.	Interviews to the Keynotes
3.45 p.m.	Break
4.15 p.m.	BASICS Psychological stress: What is it? Dr. Hiltraut Paridon <i>Institute for work and health of the German Social Accident Insurance, Dresden</i>
5.00 p.m.	End of Day 1
7.00 p.m.	Dinner

2nd day · Tuesday, 29 September 2015

9.00 a.m.	Risk assessment of psychological stressors in universities - a project of the Accident Insurance North Rhine-Westphalia Kristin Unnold , <i>Bielefeld University</i> Dr. Hans-Joachim Grumbach , <i>Accident Insurance North Rhine-Westphalia, Duesseldorf</i>
9.45 a.m.	Good work in sciences - guidelines for creating conditions of employment at universities and research institutes Sonja Staack <i>Executive Board of the German Education Union (GEW), Universities and Research Institutes Division, Frankfurt</i>
10.30 a.m.	Break
11.00 a.m.	WORKSHOPS – PART 1
	WS 1 Incorporating mental stress into risk assessments Anne Gehrke , <i>Institute for work and health of the German Social Accident Insurance, Dresden</i> Kristin Unnold , <i>Bielefeld University</i>
	WS 2 Leadership and health: What does that mean in universities and research institutes? Heike Merboth , <i>Accident Insurance Saxony</i> Dr Marlen Cosmar , <i>Institute for Work and health of the German Social Accident Insurance, Dresden</i>
	WS 3 Influence of building and equipment on working and learning conditions Jörg Busse , <i>Accident Insurance North Rhine-Westphalia</i> Jutta Busch , <i>German Social Accident Insurance, Munich</i>
12.30 p.m.	Lunch Break



1.30 p.m. | **WORKSHOPS – PART 2**

WS 1 – WS 2 – WS 3

3.00 p.m. | Break

3.30 p.m. | **Workshop results**

4.00 p.m. | **Responsible Research: Managing health and safety in research: guidance for the non-profit-sector**

Alan Cowen, *University of Brighton*
Robin Izzo, *Princeton University*

5.00 p.m. | End of Day 2

6.00 p.m. | Evening programme

3rd day · Wednesday, 30 September 2015

9.00 p.m. | **OHM at the University of Zurich - solutions for reducing psychological stress**
Dr. Christoph Weber
University of Zürich

9.45 p.m. | **Increase performance by substances? Brain doping for students and scientists**
Dr. Marlen Cosmar
Institute for work and health of the German Social Accident Insurance, Dresden

10.30 p.m. | Break

11.00 p.m. | **My beneFit - Offering services to specifically targeted students at the University of Paderborn**
Dennis Fergland
University of Paderborn

11.40 p.m. | **Stress Prevention @ work**
Dick Hoeneveld, *Delft University of Technology (NL)*
Irene Houtmann, *TNO, Zeist (NL)*

12.15 p.m. | **EVENT WRAP-UP: summery and outlook**

End of Day 3 · Light refreshments