

Lauren M. Bridenbaugh

Associate

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Overview

Lauren M. Bridenbaugh represents employers in a wide variety of employment law matters. Lauren's practice includes both litigation and advice and counsel. Lauren's practice resides in the Virginia, Washington, D.C., and Maryland region, but she represents international, national, and regional clients across the country. Her practice includes employment discrimination, harassment, and retaliation; internal government investigations; noncompetition, nonsolicitation, and nondisclosure litigation; business torts including breaches of fiduciary duty, loyalty, and the Virginia Uniform Trade Secrets Act; corporate safety and health policies; and OSHA inspection and enforcement actions.

Lauren frequently counsels clients in a diverse array of industries including government contracting, technology, construction, retail, finance, and insurance.

Prior to joining Littler, Lauren practiced at a large multi-practice firm in Washington D.C. as well as a law firm in Virginia where she represented employers in matters arising under the Defense Base Act (DBA), among other federal statutes. While an attorney within the U.S. Department of Labor, Lauren wrote decisions and orders for the Office of Administrative Law Judges under a number of federal employment and labor statutes including whistleblower complaints and appeals related to Permanent Alien Labor Certification (PERM).

During law school, Lauren interned with the U.S. Department of Labor, the Equal Employment Opportunity Commission, a large multi-practice firm in Richmond, Virginia, and a county attorney's office in Hampton Roads, Virginia.

Prior to beginning her legal career, Lauren worked for a multi-client government relations firm in Lansing, Michigan, representing national and state entities before the Michigan Legislature on matters relating to higher education, energy, criminal justice reform, workforce development, health care, infrastructure, and more.

Education

J.D., College of William & Mary, 2016

B.A., Michigan State University, 2011

Bar Admissions

Virginia

District of Columbia

Publications & Press

Virginia is the First State to Implement COVID-19 Emergency Standard

Littler ASAP

July 16, 2020

Era Virginia Governor Signs Marijuana Decriminalization Law

SHRM Online

May 28, 2020

Virginia Governor Signs Marijuana Decriminalization Law Containing Employment-Related Provisions

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May 22, 2020

The Next Normal: A Littler Interview with Dr. John Howard, Director of the National Institute for Occupational Safety and Health

Littler Insight

May 12, 2020

The Next Normal: A Littler Insight on Returning to Work – Safety and Health

Littler Insight

April 22, 2020

Los Angeles Joins the Trend, as States and Localities Adopt Face Covering Requirements

Littler ASAP

April 9, 2020

Virginia Issues “Stay at Home” Executive Order

Littler ASAP

March 30, 2020

A COVID-19 Guide for Employers in the DMV (DC, Maryland, Virginia)

Littler Insight

March 26, 2020

Bureau of Labor Statistics Releases Census of Fatal Occupational Injuries Report

Littler ASAP

January 21, 2020

OSHA Collecting Final Input as it Considers Rule on Occupational Exposure to Beryllium in the Construction and Shipyard Industries

Littler ASAP

January 13, 2020

Occupational Safety and Health Administration: 2019 in Review

Littler Insight

December 16, 2019

Occupational Safety and Health Administration Releases FY 2019 “Top 10” List

Littler ASAP

December 10, 2019

Occupational Safety and Health Administration Fall Semiannual Regulatory Agenda

Littler ASAP

December 2, 2019