



Catherine Seidelman

Of Counsel

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Practice Areas

Occupational Safety and Health
Wage and Hour
Leave and Accommodation
Labor Management Relations
Investigations
Construction
Retail

Overview

Prior to joining Littler, Catherine Seidelman served for over a decade at two federal agencies with the federal government — the U.S. Department of Labor (DOL) and the National Labor Relations Board (NLRB).

At the U.S. Department of Labor, her last role was as a senior attorney in the Office of the Solicitor in the Division of Occupational Safety and Health. In that role, Catherine focused exclusively on OSHA matters and was responsible for negotiating corporate-wide settlement agreements, reviewing significant enforcement cases, assisting OSHA with rulemaking, and serving as a coordinator for OSHA whistleblower matters. Prior to that, she worked in the U.S. Department of Labor's Chicago Regional Solicitor's Office as a senior trial attorney, litigating OSHA, FLSA, and FMLA cases. Catherine also represented management officials in employment discrimination cases before the EEOC and successfully defended the DOL in a grievance arbitration. At the Chicago RSOL office, Catherine served as the office's FMLA coordinator, OSHA warrant coordinator, and the coordinator for OSHA partnerships and alliances. She also frequently served as an instructor at OSHA's Training Institute, training OSHA compliance officers and OSHA supervisors.

Prior to her time at the DOL, Catherine was a field attorney at the NLRB in Regions 13 and 18. She litigated unfair labor practice cases (first chairing several trials), oversaw union elections, and served as a hearing officer in representation cases.

Catherine also was in private practice at a small management-side labor and employment firm, where she represented mainly public-sector employers.

Professional and Community Affiliations

- Member, Illinois State Bar Association
- Member, American Bar Association
- Member, Northern District of Illinois Trial Bar

Recognition

- Recipient, Secretary's Exceptional Achievement Awards, *U.S. Department of Labor*
- Recipient, CALI Awards for Excellence, Employment Law and Employment Discrimination, *Indiana University Maurer School of Law*
- Notes and Comments Editor, *Indiana Law Journal*, *Indiana University Maurer School of Law*, 2010

Education

J.D., Indiana University Maurer School of Law, 2010, *cum laude*

B.A., Marquette University, 2007, *magna cum laude*

Bar Admissions

Illinois

Indiana

Courts

U.S. District Court, Northern District of Illinois

Publications & Press

OSHA Updates and Extends its Heat Program for Five More Years

Littler ASAP

April 16, 2026

Events & Speaking Engagements

Heat Illness/Air Quality, Specific State Challenges and General Duty Clause Violations

ABA 2026 Midwinter Meeting, Workplace and Occupational Safety and Health Law Committee, Puerto Rico

February 26, 2026

OMB and the Deregulation Process

ABA 2026 Midwinter Meeting, Workplace and Occupational Safety and Health Law Committee, Puerto Rico

February 25, 2026

Federal Enforcement Priorities, OSHA and FLSA

2025 Illinois Legislative Update, Naperville, IL

December 12, 2025

The Heat is On: OSHA Inspections, Heat Stress, and Other Hot Topics in Workplace Safety and Health

IPELRA Employment Law Seminar, Oakbrook Terrace, IL

March 13, 2025

Hot Topics Related to Workplace Hazards: Heat and Ergonomics

ABA 2024, Midwinter Meeting, Workplace and Occupational Safety and Health Law Committee, Puerto Rico

March 2024

Books & Book Chapters

- Chapter Editor, *Employment Discrimination 2026 Edition*, Illinois Institute for Continuing Legal Education, 2026