

## Brian D. Langenhorst

OTR, CEA

### Education:

- ⊕ B.S., Occupational Therapy, 1986, University of Wisconsin, Madison.

### Certifications:

- ⊕ Board of Certification in Professional Ergonomics (BCPE).
- ⊕ Certified Ergonomics Associate (CEA).
- ⊕ Authorized OSHA Trainer for 10 & 30 hour programs for general industry.

### Memberships:

- ⊕ National Board for Certification in Occupational Therapy.
- ⊕ Board of Certification in Professional Ergonomics (BCPE).
- ⊕ Professional Member of the American Society of Safety Engineers.

### Professional Experience:

#### Key Roles:

- ⊕ Occupational Therapist/Clinician (30+ years).
- ⊕ Industrial Consultant.
- ⊕ Ergonomics Specialist.
- ⊕ Motivational Speaker for business & industry.
- ⊕ Program Developer (rehabilitation & industrial).
- ⊕ Workers' Compensation Specialist.
- ⊕ Private Consultant.

#### Key Functions:

- ⊕ Functional capacity evaluations.
- ⊕ Onsite industrial consultation & training programs with employers:
  - Back Injury Prevention.
  - Cumulative Trauma Prevention.
  - Office Ergonomics/Industrial Ergonomics.
  - Pre-Work Stretching.
  - Safe patient handling.
  - A.D.A. Consultation – Title 1.
  - OSHA 1910 Compliance Programs.
- ⊕ Ergonomic analysis & redesign interventions in industry.
- ⊕ Case management services.
- ⊕ Facilitates safety committees in industry.
- ⊕ Completes accident investigations/injury reviews.
- ⊕ Assists employers with writing ADA-compliant job descriptions.
- ⊕ Corporate Leadership Training.

## Employment:

08/97 - Present: **Mayo Clinic Health System – Franciscan Healthcare**, LaCrosse, WI.  
**Industrial Coordinator/Ergonomics Specialist, Occupational Health Department**

Provides pre-employment evaluations, comprehensive ergonomic evaluations & redesign, injury prevention training, safe patient handling training, pre-work stretching programs & OSHA compliance training in industry. Shares marketing/sales efforts with the sales team. Provides advanced, state-of-the-art Corporate Leadership training.

06/97 - 08/97: **Greenbriar Rehabilitation**, Chippewa Falls, WI.  
**Occupational Therapist**

Provided skilled rehabilitation services to patients as a traveling Therapist.

05/95 - 05/97: **Employee Benefits Insurance Company**, Madison, Wisconsin  
**Loss Control Consultant/Workers' Compensation Specialist**

Serviced 22 customers at 46 locations & successfully managed a portfolio worth \$1.62M. Created customer business plans, established safety committees, provided hazard assessment walkthroughs & OSHA compliance programs, completed ergonomic analyses & redesigns, provided accident investigation, management/employee education & injury prevention programs, coordinated injury case management activities, & implemented effective marketing services with prospective customers.

08/88 - 05/95: **Lutheran Hospital**, LaCrosse, Wisconsin  
**Coordinator of the Industrial Rehabilitation Center**

Provided expert evaluation & treatment for patients with various work-related injuries. Performed ergonomic analyses/redesigns & conducted injury prevention training programs with hundreds of employers in the Tri-state area.

03/87 - 08/88: **Community Rehabilitation Specialists, Inc.**, Erie, Pennsylvania  
**Occupational Therapist**

Instrumental in planning, developing and coordinating site-optimized work hardening/industrial rehabilitation & outpatient occupational therapy programs.

## Professional Speaker:

1988 – Present: **Professional speaking engagements, North America:**

- ✦ **Topics include:** Office/Industrial Ergonomics, 24-Hour Injury Prevention Techniques, Stretching & Warm-up Programs, Safe Patient Handling & Movement, Leadership Training Modules, Proactive Return-to-Work Initiatives, Best Practice Strategies in Workers' Compensation, Design & Build Guidelines for Engineers.

## Author:

- ✦ *"Preventing Injury: Medical management and employee education in the worksite."* National Newsletter.
- ✦ *"Computerized Lift Trainer in Industry"*. Physiotherapy Research International.

## Media Spots:

- # Website development and Commercial. WKBT Channel 8 Healthlink.
- # "Injury Prevention" (60-second commercial): Developed the script and performed on-camera and provided the voiceovers.
- # Participates in annual TV/Radio spots on Office Ergonomics, Industrial Ergonomics and various Injury Prevention Topics, locally, regionally & nationally.

## Private Consultation:

1991 - Present: **President, WorkFit Solutions, LLC.**

My company provides comprehensive & customized ergonomic, injury prevention & management services that help organizations reduce injuries, decrease costs & improve productivity. High-energy injury prevention training programs allow employers to effectively transfer information from the classroom to the workplace, while using a technical, yet practical & fun approach. We also deliver corporate leadership training that positively impacts all facets of a safe workplace.

## Research Projects:

2001-2006: "*An Innovative Approach to the Prevention of Low Back Injury*". Lift Trainer research conducted by Tom Kerozek, Ph.D., (U.W. LaCrosse Physical Therapy) and Brian Langenhorst, O.T.R., CEA (Franciscan Skemp Healthcare – Mayo Health System).

The Lift Trainer is a computerized lifting instructor that uses biofeedback to train the users who lift while performing their job in a warehouse setting. A real time 3-D motion tracking system attached to a worker computes instantaneous 3D dynamic moments to the spine. The system provides an audible biofeedback signal proportional to the magnitude of spinal stress. This technique combines the concepts of biomechanical modeling and analysis with the motor learning theory. The goals of the research project are to: 1) assess if lifting performance can be modified in workers who perform repetitive material handling jobs and 2) determine to what extent injury rates can be controlled through this new approach.

## Career Development:

- U.W. Hospital Hand Clinic & U.W. Medical School - Anatomy Department - Hand Therapy Experience (1/86-5/86).
- Key Functional Assessments – Onsite Analysis & Treatment of Carpal Tunnel Syndrome & CTD's, Boston, MA. (4/87).
- Keith Blankenship Seminar – Functional Capacity Evaluations/Work Hardening, St. Louis, MO. (4/87).
- American Society of Hand Therapists – Core Concepts in Hand Therapy, St. Louis, MO. (4/88).
- Concepts in Medicolegal Issues, Madison, WI. (10/88).
- University of Michigan – Occupational Ergonomics (6/89).
- University of Michigan – Occupational Disorders of the Upper Extremities (3/90).
- University of Michigan – Occupational Ergonomics II – Practice and Problem Solving (6/90).
- Michael Melnik, Prevention Plus, Industrial Consultation (3/91).
- University of Cincinnati NIOSH, Ergonomic Control Programs to Prevent Back Injuries in Industry (4/91).
- Richard Pimentel – The Americans with Disabilities Act – Train the Trainer Program, La Crosse, WI. (11/91).

- Industrial Consultation/Risk Management/The Americans with Disabilities Act Conference Series, Presenter (92'- 93') Prevention Plus/Manning & Associates/Workfit Solutions, San Francisco, CA., Chicago, IL., Pittsburg, PA., Minneapolis, MN.
- Ergonomics to Benefit the Bottom Line – Schwab Rehab. Hospital, Chicago, IL. (7/93).
- Central States Occupational Medical Association – NIOSH Lifting Guidelines, La Crosse, WI. (9/93).
- Medical Legal Issues in Workers' Compensation (6/95).
- Business Planning with External Customers (9/95).
- Practical Applications in Workers' Compensation (1/96).
- Collaborative Marketing (5/96).
- CPI – Non-Violent Crisis Intervention (6/96).
- Keeping employees at "Home" in the workplace (3/97).
- Rush Presbyterian, St. Luke's Lifting Lab, Rehab Institute of Chicago. Occupational Ergo. – The Lift Trainer System (7/98).
- Isernhagen Associates – Industrial Rehabilitation and Functional Capacity Evaluation, Minneapolis, MN. (10/98).
- Health Services to Business – Redesigning the Work Compensation and return to work process to reduce costs (10/98).
- OSHA voluntary compliance 10-hour course – OSHA standards for general industry (1/99).
- Prevention Plus – Beyond Ergonomics – Implementing an effective injury prevention process in industry (10/99).
- Ergonomic Design Guidelines for Engineers – Prepared by Humantech, Inc., Ann Arbor, MI. (5/00).
- IV World Congress in Biomechanics – Presenter & Attendee - Auditory Feedback of Warehouse Workers During Lifting, Calgary, Canada (8/02).
- Wisconsin Occupational Therapy Association Conference -Presenter & Attendee – Performance Based Feedback in Biomechanics, La Crosse, WI. (10/02).
- Chronic Pain/Tools for Management - Mayo Clinic, Rochester, MN (4/03).
- 61st Annual Wisconsin Safety & Health Congress – Ergonomic Lifting Guidelines for Manual Material Handling & General Sessions – (4/03).
- The 9th Annual National Ergonomics Conference and Exposition – Las Vegas, Nevada (12/03).
- Human Factors and Ergonomics Society 48th Annual Meeting – New Orleans, LA. (9/04).
- OSHA 501 Trainer Course in Occupational Safety & Health Standards for General Industry – Northeast Wisconsin Technical College, Green Bay, WI. (1/05).
- 63rd Annual Wisconsin Safety & Health Congress (4/05).
- Mayo Health Systems Safety Leadership Day – Shared Vision & Collaboration Across Organizations, Mayo Clinic, Rochester, MN. (9/05).
- Poster Presentation Mayo Health Systems – Quality Day – Instituting an Ergonomics Control Program in a Health Care Setting - Mayo Clinic, Rochester, MN. (1/06).
- 10th Mayo Health Systems Safety Leadership Day – Presenter & Attendee – Ergonomics Control Programs in a Healthcare Setting, Mayo Clinic, Rochester, MN. (9/06).
- The 12th Annual National Ergonomics Conference and Exposition – Las Vegas, Nevada (12/06).
- Society of Human Resources Managers – State Conference, Presenter & Attendee – Effective Ergonomic Programs, La Crosse, WI. (10/07).
- The Wisconsin Council of Safety – 2007 Ergonomics Conference & Expo, Presenter & Attendee – Ergonomics is a Product, Madison, WI. (10/07).
- Applied Lean Ergonomics – Prepared by Humantech, Inc., Ann Arbor, MI. (11/07).

- 66th Annual Wisconsin Safety & Health Congress, Presenter & Attendee - Ergonomics is a Product! Packaging Determines Success - Wisconsin Dells, WI. (4/08).
- Wisconsin 60 Summits on Preventing Needless Work Disability, CUNA Mutual, Madison, WI. (10/08).
- The 14th Annual National Ergonomics Conference & Exposition, Presenter & Attendee, Integrated Ergonomic Strategies in a Health Care Setting. Five Essential Ingredients to Safe Patient Handling - Las Vegas, NV (12/08).
- Wisconsin Indianhead Association of Occupational Health Nurses Conference, Presenter – Achieving Maximum ROI from your Ergonomics Training, La Crosse, WI. (8/09).
- Mathy Construction Spring Training, Keynote – Ergonomic Strategies to Impact Workplace Safety, La Crosse Center, La Crosse, WI. (2/09).
- Mayo Clinic Health System – Occupational Health Spring Conference – Presenter – Effective Ergonomic Interventions Across Business & Industry, Radisson Center La Crosse, WI. (4/09).
- Mayo Clinic Health System – Occupational Health Spring Conference – Presenter – Workers Compensation Best Practice Strategies, Radisson Center La Crosse, WI. (5/10).
- The 16th Annual National Ergonomics Conference & Exposition, Presenter & Attendee – Implementation Strategies & Ergonomic Solutions in Healthcare, Las Vegas, NV. (11/10).
- Mayo Clinic Health System – Occupational Health Spring Conference – Presenter – Ergonomics and the Effects of Aging, Radisson Center, La Crosse, WI. (4/11).
- The 17th Annual National Ergonomics Conference & Exposition, Presenter & Attendee – Workshop: Ergonomics and Diverse Healthcare Environments, Breakout: Designing Ergonomic Solutions for a Hospital Setting, Las Vegas, NV. (11/11).
- DSI Work Solutions National Conference – Attendee – Combining Efforts to Reduce Work Injury & Disability, Minneapolis, MN. (9/12).
- The 18th Annual National Ergonomics Conference & Exposition, Presenter & Attendee – Implementation Steps to Drive Change in Health Care Settings, Las Vegas, NV. (12/12).
- Association of Safe Patient Handling Professionals Regional Conference Attendee – An Integrated Approach to Moving and Handling Patients, Appleton, WI. (5/13).
- 72nd Annual Wisconsin Safety & Health Congress – Presenter, Stress, Ergonomics and the Aging Workforce, WI. Dells, WI. (4/14).
- Wisconsin Safety Council – Workers Compensation Symposium. Keynote: Workers' Compensation Best Practices – Breakout: 24-Hour Injury Prevention Strategies in the Workplace, Madison, WI. (10/14).
- Chart Energy & Chemical, Inc. – Corporate Safety Conference – Presenter – Achieving Maximum ROI From Your Ergonomics Training Efforts, La Crosse, WI. (10/14).
- 23rd Annual Autumn Safety & Health Conference – Presenter – Stress, Ergonomics and the Aging Workforce, La Crosse, WI. (11/14).
- The 20th Annual National Ergonomics Conference & Exposition, Presenter & Attendee – The Energized Approach for Achieving a Safe, Healthy & Productive Workplace, Las Vegas, NV. (12/14)
- 73rd Annual Wisconsin Safety & Health Congress – Presenter, Stress, Ergonomics and the Aging Workforce, WI. Dells, WI. (4/15).
- University of Wisconsin Eau Claire – School of Business, Presenter – Effective Business Communication Techniques (4/15).
- Federated Mutual Insurance Company Risk Control Workshop – Presenter – Ergonomics and Injury Prevention Strategies in the Workplace, Owatonna, MN. (7/15).
- 74th Annual Wisconsin Safety & Health Congress – Presenter - Workshop: The World is Not Flat – Energizing Your Ergonomics Training, WI. Dells, WI. (5/16).
- Midwest Regional Occupational Health Conference – Presenter, Effective Ergonomics Programs are a Product, Madison, WI. (9/16).

- Central States Occupational & Environmental Medicine Associations Seminar – Presenter – Energizing Your Ergonomics Program, Davenport, IA. (9/16).
- WHEA – La Crosse Builders Exchange – Presenter – Effective Strategies to Impact Ergonomics Across Multiple Business Lines, La Crosse, WI. (3/17).
- 75th Annual Wisconsin Safety & Health Congress – Presenter, Stress, Ergonomics and the Aging Workforce, WI. Dells, WI. (4/17).
- Hormel Foods Corporate Symposium – Keynote: Ergonomics is a Product – Packaging Determines Success – Breakout: Ergonomic Design & Build Guidelines for Engineers, Minneapolis, MN. (5/17).
- Association of Safe Patient Handling Professionals Regional Conference Attendee – Fall Into Safe Patient Handling & Mobility, Gundersen Health System, La Crosse, WI. (10/17).
- Mayo Clinic Health System – Occupational Health Spring Conference - Presenter – The Conspiracy of Kindness – Effective Leadership Techniques to Impact Ergonomics, La Crosse, WI. (4/18).
- 76th Annual Wisconsin Safety & Health Congress – Presenter, Stress, Ergonomics and the Aging Workforce, WI. Dells, WI. (4/18).
- The 24th Annual National Ergonomics Conference & Exposition, Presenter & Attendee – Toro Case Study: Examining the Collaboration of Safety, Ergonomics, Medical & Loss Prevention Teams, Las Vegas, NV. (8/18).
- DSI Work Solutions National Conference – Combining Efforts to Reduce Work Injury & Disability - Presenter & Attendee – Participatory Ergonomics, Minneapolis, MN. (9/18).

## CUSTOMERS:

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|--------------------------------|--|
| ▪ Ace Hardware                 | ▪ City of Onalaska                                 |
| ▪ Aegis Insurance Corporation  | ▪ Clontech Laboratories                            |
| ▪ Agropur Ingredients          | ▪ Collins Sign                                     |
| ▪ Ahlstrom Munksjo             | ▪ Columbia County Highway Dept.                    |
| ▪ Allen Bradley Co.            | ▪ Crawford County Sheriff's Department             |
| ▪ Allied Signal                | ▪ Crescent Printing                                |
| ▪ American Down & Textile      | ▪ Crest Precast                                    |
| ▪ APAC Customer Service        | ▪ Crown Cork & Seal                                |
| ▪ Aramark                      | ▪ Dairyland Power Cooperative                      |
| ▪ Arcadia Electric Utility     | ▪ Duratech Industries                              |
| ▪ Ashley Furniture             | ▪ Elegant Stone Products                           |
| ▪ ATK Outers Operations        | ▪ Empire Screen Printing                           |
| ▪ Badger Foundry               | ▪ Exopack  |
| ▪ Brennan Marine               | ▪ Expera Specialty Solutions                       |
| ▪ Broan Nutone                 | ▪ Fed Ex   |
| ▪ Burlington Northern Railroad | ▪ Federated Mutual Insurance Company               |
| ▪ C & C Machines               | ▪ Festival Foods                                   |
| ▪ C.P. Feeds                   | ▪ Fiskars Brands                                   |
| ▪ Cabela's                     | ▪ Fleming Companies                                |
| ▪ Cabinet Factory              | ▪ Fort McCoy – U.S. Army                           |
| ▪ Caledonia Haulers            | ▪ Franciscan Skemp Healthcare – Mayo Health System |
| ▪ Captive Resources            | ▪ G. Heileman Brewing Co./ City Brewery            |
| ▪ Cardinal IG                  | ▪ General Electric                                 |
| ▪ Cardinal TG                  | ▪ Gold'n Plump                                     |
| ▪ Carlisle Brush               | ▪ Great Lakes Cheese of Wisconsin                  |
| ▪ Century Foods International  | ▪ Gundersen Lutheran Medical Center                |
| ▪ Century Tel                  | ▪ Hiawatha Broadband Communication                 |
| ▪ Chart Energy & Chemicals     | ▪ Highlight Incorporated                           |
| ▪ City of La Crosse            |  |

- Holmen Concrete Products
- Holmen Locker
- Holmen School District
- Honeywell First Responder Products
- Honeywell Safety Products
- Honeywell Servus Rubber Footwear
- Hormel Foods
- Hotline Freight
- IC Systems
- Identity Works, Inc.
- Impact Gel Corporation
- Inland Label and Marketing
- International Converters
- J.F. Brennan
- Jackson Correctional Institute
- Jahn Transfer
- Kwik Trip, Inc. (10 – divisions – 3 states)
- L.B. White Company
- La Crosse County
- La Crosse Fire Department
- La Crosse Footwear
- La Crosse Graphics
- La Crosse Public Library
- La Crosse School District
- La Crosse Sign Company
- Lee Enterprises – La Crosse Tribune
- Logistics Health Incorporated
- Lucas Body Systems
- Madison Area Technical College
- Mainstreet Ingredients
- Mathews Inc.
- Mathy Construction (10 divisions, 3 states)
- McCloone Metal Graphics
- McKesson Pharmaceuticals
- Metalics
- Metz Baking Company
- Michaels Engineering
- Mid City Steel
- Midwest Employer Casualty Company
- Miken Sports
- Minnesota Department of Natural Resources
- Monroe County
- Mulder Healthcare Facility
- Northern Automotive Systems
- Northside Elevator
- Northwest Airlines – Corporate
- Northwest Hardwoods
- Ocean Spray
- ORC Industries
- Prairie du Chien Correctional Institution
- Quillins IGA
- Radisson Hotels
- Reinhart Food Service
- Riverfront
- Riverland Energy Cooperative
- Rockford Flooring Company
- Rolling Hills Rehabilitation Center
- Root River Valley Transfer
- Sagebrush Corporation
- Sara Lee
- Silicon Graphics, Inc.
- Simmons Poultry, Inc.
- Skipperliner
- Sparta Police Department
- Stansfield Vending
- System Sensor/Honeywell Life Safety
- The Company Store
- Thilmany Papers, LLC.
- Toro Company
- Trane Company
- Truss Specialists
- TRW Automotive
- United AG Group
- University of Wisconsin – La Crosse
- Varc, Inc.
- Viterbo University
- W.A. Insurance Group
- Walmart
- Webster Lumber
- West Salem School District
- Western Wisconsin Technical College
- Westfalia Surge
- Winona Agency
- Winona Heat & Vent
- Winona Knitting Mills
- WIS-PAK Inc. of La Crosse
- Xcel Energy

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