



✉ jhess@goldbergsegalla.com

☎ 314.446.3367

📍 St. Louis

PRACTICES

Workers' Compensation

James R. Hess

PARTNER

EXPERIENCE

James R. Hess is an accomplished litigator with more than 30 years of experience. Jim concentrates his practice on complex workers' compensation litigation, representing insurance carriers, self-insured employers and third-party administrators throughout Missouri and Kansas. He works closely with his clients to minimize risk and maximize value, emphasizing regular communication and collaboration to create successful outcomes. In addition to his years in private practice, Jim draws on experience as in-house counsel for a number of national and international insurance companies, including Nationwide, Liberty Mutual, Zurich, and CNA. Throughout his career, Jim has handled numerous jury and bench trials as well as appellate cases.

HONORS & AWARDS

- *Best Lawyers in America*
 - Workers' Compensation Law – Employers, 2024-26
- *Best Lawyers in America: Ones to Watch*
 - Workers' Compensation Law — Employers, 2023

BACKGROUND

ADMISSIONS

- Missouri
- Kansas

EDUCATION

- Washburn School of Law, J.D., 1988
- Western Kentucky University, B.A., 1985

PROFESSIONAL AFFILIATIONS

- Missouri Bar Association
- Kansas Bar Association
- Wyandotte County Bar Association
- Kansas City Missouri Bar Association