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Syracuse

PRACTICES

Workers' Compensation

Nathan J. Milner

PARTNER

EXPERIENCE

Nathan J. Milner is a seasoned workers' compensation attorney who concentrates his practice on complex transportation and logistics claims. With more than 13 years of experience representing employers, carriers, and third-party administrators, Nate advises clients across the trucking and logistics industry on workers' compensation matters involving multi-state jurisdiction, high-risk 24/7 operations, specialized policy requirements for owner-operators, and disputes over employee versus independent contractor classification. He brings particular depth of experience to claims involving layered subcontracting arrangements, where intricate subrogation and liability issues frequently arise.

Nate is also a recognized leader in the investigation and litigation of workers' compensation fraud. He routinely identifies red flags indicating potentially fraudulent claims and oversees detailed investigations into issues such as claimants performing contraindicated physical activities, misrepresenting injuries, or maintaining undisclosed secondary employment. Nate is highly effective at developing testimony and evidence that exposes the underlying facts of fraudulent workers' compensation cases, helping clients reduce unnecessary claim costs and mitigate ongoing risk. In addition to litigating fraud claims, he regularly educates clients and colleagues through training sessions for claims professionals focused on transportation-related workers' compensation issues. He also authors a quarterly update on workers' compensation fraud, outlining investigative strategies and best practices for successful litigation.

HONORS & AWARDS

- Upstate New York *Super Lawyers,* Rising Stars, 2018-23

BACKGROUND

ADMISSIONS

- New York

EDUCATION

- Thomas M. Cooley Law School, J.D., *cum laude*, 2012
  - Constitutional Law and Homeland Security Law Departments: Teaching and Research Assistant
- Ithaca College, B.A., 2001

PUBLICATIONS & EVENTS

PUBLICATIONS

- "Rise of Transportation Contractors Brings Insurance Disputes," *Law360*, September 19, 2024
- "N.Y. Workers' Comp: Proving Fraud," *CLM Magazine*, September 18, 2023

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PARTNER

PRESENTATIONS

- "New York Workers' Compensation and Fraud Training," Client Presentation, January 30, 2026
- "New York Workers' Compensation Training," Client Presentation, January 23, 2026
- "A Defense Perspective on Combatting Workers' Compensation Fraud," Buffalo Claims Association's Education Day, October 15, 2025

WEBINARS

- "Transportation Workers' Comp Claims in New York: Who is Who? A Comprehensive Coverage Overview," (Co-Presenter), GS Webinar Series, March 25, 2026
- "Uses of Surveillance: Social Media and Investigator Video Best Practices," GS Webinar Series, July 10, 2025
- "Uncovering Staged Accidents: Effective Defense Strategies in Construction," (Co-Presenter), GS Webinar Series, December 18, 2024
- "114-a Litigation Strategies: How to Prepare for the Best Possible Outcome," GS Webinars Series, January 19, 2022
- "Section 114-a: How to Build Your Case and Litigate Fraud in NY," Workers' Compensation Webinar, June 14, 2017