



## Lindsey M. Sands - Member

Two Canal Plaza P.O. Box 4600  
Portland, Maine 04112

(207) 774-7000 *main*  
(207) 553-4696 *direct*

lsands@nhdlaw.com

Lindsey Sands counsels employers in worker's compensation matters and general employment law in Maine and New Hampshire, from early involvement in helping to create employment policy and procedures to auditing regulatory compliance and handling employee claims and litigation.

Working primarily as outside legal counsel for diverse companies of all sizes, Lindsey assists employers and human resources personnel with proactive compliance strategies that reduce the risk of liability, and counseling regarding responses to claims of injury, discrimination, harassment and other adverse actions. She also works closely with workers' compensation insurance companies in assisting them with navigating Maine's unique workers' compensation system. Over the last decade, she has successfully tried numerous workers' compensation cases and unemployment appeal cases. This practice has included extensive appellate work both before the Appellate Division of the Maine Workers Compensation Board and the Maine Supreme Court.

Prior to joining Norman Hanson & DeTroy, Lindsey served for two years as Law Clerk to the Honorable Daniel J. Roketenetz, Chief District Administrative Law Judge for the United States Department of Labor. This clerkship provided Lindsey with valuable insight to federal workers' compensation law as the docket was dominated with litigation arising out of the Longshore and Harbor Workers' Compensation Act.

In addition to practicing in state courts/agencies in Maine, Lindsey also defends workers' compensation cases in the State of New Hampshire. By actively practicing in both states, she is able to handle any workers' compensation issue which may arise in Northern New England. She presently lives in Portland with her husband and two boys.

### Education

- University of Kentucky College of Law, J.D., 2002
- University of New Hampshire, B.S., *cum laude*, 1998

### Practice Areas

Workers' Compensation

### Affiliations

#### ***Admitted to Practice***

- State of Maine
- State of New Hampshire
- U.S. District Court, District of Maine

**Member, Past and Present**

- Maine State Bar Association, Member
- New Hampshire Bar Association, Member

**Reported Cases**

- *Scott Hackett v. Western Express, Inc., et al.*, 2011 ME 71

**Awards, Merits & Honors**

- Top 40 Under 40 Litigation Lawyers in Maine for 2014 and 2015
- Top 100 Litigation Lawyers in Maine for 2016

**Designations**

Martindale-Hubbell<sup>®</sup>

**PEER REVIEWED**