



Lindsay S. Kift

Principal
Workers' Compensation

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Represents local and national employers, insurance carriers and third party administrators in workers' compensation litigation across the Commonwealth of Pennsylvania.

Bio

Lindsay S. Kift is a Principal in the Firm's Workers' Compensation Department. She defends employers, insurance carriers, and third-party administrators across the state of Pennsylvania. Ms. Kift has extensive experience litigating cases before Pennsylvania Workers' Compensation Judges, the Workers' Compensation Appeal Board, and the Commonwealth Court of Pennsylvania.

In addition to her trial work, Ms. Kift regularly counsels her clients on all aspects of claims management. She conducts formal seminars and training programs that take a proactive approach to risk mitigation. Ms. Kift represents an array of clients, including national insurance carriers, retail corporations, restaurants, and staffing agencies. Her goal is to find creative solutions to reduce workers' compensation exposure in the most cost-effective manner.

Ms. Kift serves on the Council of the Pennsylvania Bar Association Workers' Compensation Section and the Allegheny County Bar Association's Workers' Compensation Section. In 2018, Ms. Kift was selected by her peers as a Pennsylvania Super Lawyer *Rising Star* in the category of Workers' Compensation. For information about this selection and an overview of common third-party publications, rankings, and lists methodologies, [click here](#).

Prior to joining Post & Schell, Ms. Kift was a Workers' Compensation Associate with a multidisciplinary law firm in Pittsburgh, PA and an in-house regulatory compliance counsel for a consulting firm in Boston, MA.

Practices

- Workers' Compensation

Industries

- Retail
- Manufacturing
- Hospitality
- Health Care
- Commercial Transportation

Education

- J.D., New England School of Law, 2007
- B.A. in Political Science, Dickinson College, 2002

Bar Memberships

- New Jersey
- Pennsylvania
- District of Columbia
- Massachusetts

Selected Speaking Engagements

- "Surviving Workers' Compensation Claims in Pennsylvania and the Interplay with the FMLA and ADA," Post & Schell CLE Seminar, Dallas, TX (November 8, 2018)