

## Nelson J Larkins

Partner

Nelson is a litigation attorney with an emphasis in the areas of workers' compensation, the Federal Longshore and Harbor Workers' Act, employment and labor law, insurance defense, mediation, and family law. His practice involves representation of employers and defendants throughout the state of Maine and national insurance companies. He has lectured frequently to diverse groups on employers' and insurers' rights in the workplace, with an emphasis on litigation techniques, return-to-work efforts, and the interaction of employers and medical care professionals. Nelson also has significant experience representing clients in the area of family law and divorce matters.

Nelson is from Chagrin Falls, Ohio, and graduated from Allegheny College in Meadville, Pennsylvania, where he co-founded and edited *The Allegheny Review*, a national literary review for undergraduates. While in law school, he was editor-in-chief of the Ohio State *Journal on Dispute Resolution*, a law review focused on mediation, arbitration and alternative processes for settling disputes.

He lives in Freeport with his children, Lauren, Will and Brandon. Nelson was Chairperson of Regional School Unit #5 (Freeport, Durham, Pownal) for seven years. He is currently on the Tri Town Track and Field Board of Directors and the Advisory Board of Directors for Regional School Unit #5 Community Programs. Nelson is also active in Boy Scouts and the Freeport Conservation Trust.

### Practice Areas

- Employment Law
- Litigation
- Transportation & Maritime Law
- Workers' Compensation

### Education

- Ohio State University College of Law (J.D., 1986)
- Allegheny College (B.A., cum laude, 1983)

### Admissions

- Maine

### Professional Affiliations

- Maine State Bar Association
- American Bar Association
- Maine Association of Mediators
  - Board of Governors



Tel 207.791.3000  
nlarkins@preti.com

- Membership Committee
- Vice President

## Honors & Awards

- Listed in *The Best Lawyers in America* for his work in Workers' Compensation Law

## Civic Involvement

- Preti Flaherty Volunteer Lawyers Project Coordinator, 2001-Present
- Preti Pro Bono Committee Co-Chair, 2011-Present
- Campaign For Justice Volunteer
- Thomas Means Historical Society, 2009-2014
  - Treasurer, 2009-2014
- RSU5 Community Programs Advisory Board of Directors, 2016-Present
- RSU5 School Board of Directors
  - Chair, 2009-2015
- Boy Scouts of America
  - Freeport Boy Scouts Volunteer, 2005-2014
  - Troop Chair, 2011-2014
- Tri Town Track and Field Board of Directors, 2015 - Present

## Presentations

- National Business Institute, Present
- Lorman Workers' Compensation, 1999-Present
- Northern Law Publishers Workers' Compensation, 1998-Present