



Matthew Holmes

Associate

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Focus Areas

Occupational Safety and Health
Unfair Competition and Trade Secrets
Litigation and Trials
Arbitration
Appellate
Construction

Overview

Matt Holmes focuses his practice on occupational safety and health law and trade secret litigation. He assists employers with a wide-range of safety and health law issues, including providing on-site counseling after catastrophic events, handling workplace safety investigations, appealing citations, litigating issues, and defending against enforcement actions, if necessary. Matt also represents employers in litigation to defend their trade secrets and enforce contractual obligations of their former employees. In this regard, Matt has experience obtaining temporary restraining orders, conducting and handling forensic discovery, and obtaining preliminary injunctions.

Matt also has experience with general employment advice and counsel and litigation matters relating to terminations, retaliation, whistleblower complaints, discrimination, harassment, ADA accessibility and state agency complaint defense. He regularly appears in state and federal court and administrative agencies to defend employers, and has experience resolving cases via dispositive motion practice, mediation, and after depositions.

Education

J.D., Syracuse University College of Law, 2015, *cum laude*

Bar Admissions

New York

Courts

U.S. Court of Appeals, 2nd Circuit

U.S. District Court, Northern District of New York

U.S. District Court, Western District of New York

U.S. District Court, Southern District of New York

U.S. District Court, Eastern District of New York

U.S. Bankruptcy Court, Northern District of New York

U.S. Bankruptcy Court, Western District of New York

Publications & Press

Your Recordkeeping Data Is About to Steal the Spotlight—How to Prepare for OSHA’s Expanded E-Recordkeeping Rule

Little ASAP

August 14, 2023

New York State Poised to Increase Fines for Workplace Injuries and Deaths

SHRM Online

December 23, 2022

New York State Poised to Significantly Increase Fines for Workplace Injuries and Deaths

Little ASAP

December 21, 2022

New York Greatly Expands – Then Slightly Contracts – Insurance Disclosure Requirements in Civil Actions

Little Insight

March 25, 2022

Speaking Engagements

OSHA Recordkeeping 300 Log Workshop

New York, NY

November 15, 2023

OSHA’s 2023 Regulatory Agenda Update

April 26, 2023

Working Here, Working There, Working Everywhere: Post-Pandemic Remote Work Challenges

NHRA

February 15, 2023

2022 New York Employment Law Update - Union Organizing

Fairport, NY

November 8, 2022