

Sarah Baia

New York, NY
(212) 845-2096
sarah.baia@forthepeople.com

EDUCATION

State University of New York, College at New Paltz, 2005

Albany Law School, 2008

Sarah Baia is a dedicated workers' compensation attorney who represents injured workers throughout New York State. A proud New Yorker, Sarah earned her undergraduate degree in Political Science from SUNY New Paltz in 2005 and went on to graduate from Albany Law School in 2008. During law school, she served as a research assistant and teaching fellow, and was an editor for the Albany Law Journal of Science and Technology. Sarah's hard work and dedication earned her the John B. Laurie Memorial Prize for academic merit and professional promise at graduation.

Sarah passed the New York State Bar Exam in 2008, but shortly afterward, she faced a serious illness that temporarily paused her legal career. After making a full recovery, she returned to law in 2012, representing employers and insurance carriers in workers' compensation cases. As senior in-house counsel for two large insurance carriers, Sarah gained extensive knowledge of the defense side of workers' compensation, giving her invaluable insights into the complexities of the system.

In 2021, Sarah made the decision to take her wealth of experience and shift her focus to representing injured workers and disabled individuals. Grateful for her health and determined to make a difference, Sarah now advocates passionately for those navigating the workers' compensation system during challenging times. In addition to her extensive trial experience, Sarah has secured multiple appellate wins at the Board level and the Appellate Division, Third Judicial Department. She has also presented on workers' compensation issues for organizations such as the New York State Bar Association, the Schenectady County Bar Association, and the International Conference of Teamsters.

Sarah is well-regarded by her peers throughout New York and is a member of the Injured Workers' Bar Association, Albany County Bar Association, Schenectady County Bar Association, Fulton County Bar Association, and Montgomery County Bar Association. Outside of her legal work, Sarah is a proud mother of two—a college football player and a precocious pre-teen—and enjoys spending time with her family in Upstate New York.

BAR ADMISSION

- New York
- New Jersey



Sarah Baia

New York, NY
(212) 845-2096
sarah.baia@forthepeople.com

EDUCATION

State University of New York, College at New Paltz, 2005

Albany Law School, 2008

MEMBERSHIPS

- Injured Workers' Bar Association
- Albany County Bar Association
- Schenectady County Bar Association
- Montgomery County Bar Association

PRACTICE AREAS

- Workers' Compensation Attorneys

IN THEIR WORDS

"The law is like a logic puzzle without a concrete answer. That intrigued me and drove me to law school. Specifically, as I grew in the practice of workers' compensation defense, I realized that injured workers genuinely needed a compassionate assistance that could communicate and relate."