



# Meredith L. Knight

ATLANTA, GA

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## CONTACT

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For nearly two decades, Meredith Knight has defended employers, insurers, insureds and third-party administrators in workers' compensation claims, including catastrophic claims. Meredith applies her experience and wealth of information in the courtroom and beyond to expedite processes and procedures specifically tailored to each of her clients across several industries, including construction, shipping, automotive, manufacturing, restaurant and retail. She has served as first chair attorney for hearings and has argued before the Appellate Division of the State Board of Workers' Compensation and Superior Courts. "The most important thing to me is specifically tailoring every form and claim defense to the needs of the client," says Meredith. "It is so easy in this industry to copy and paste by providing a generic 'boilerplate' defense or presentation. I would rather serve the specific needs of the client every time and do what is best for their individual issues."

With the goal of mitigating risk, a key aspect of Meredith's practice includes guiding clients in establishing robust programs that enhance their workers' compensation frameworks; she provides thorough evaluations of injury reporting policies and company handbooks to educate her clients on how to proceed if claims arise. She regularly hosts seminars and training sessions on hot topic issues for professionals in every aspect of the workers' compensation industry, from claims handlers to injured workers' direct supervisors, with the goal of leaving any given room better-informed than how she found it. Meredith received a Mediation Certificate from the Georgia Office of Dispute Resolution, and she currently serves as a Board Member and the Litigation Chair of the Atlanta Claims Association. She is also a member of the Georgia Defense Lawyers Association and the Atlanta Chapter of RIMS.

Outside of MGC, Meredith enjoys live music; she has played the bass in several Atlanta bands, including with her husband. She has two sons and a Chocolate Havanese pup.

## PRACTICE AREAS

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Workers' Compensation

# Curriculum Vitae

## EDUCATION

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Emory University School of Law (JD)  
Loyola University, Chicago (BA, magna cum laude)

## PROFESSIONAL MEMBERSHIPS

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Atlanta Claims Association (Litigation Chair; Board Member)  
Georgia Defense Lawyers Association  
RIMS (Atlanta Chapter)

## BAR ADMISSIONS

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Georgia (2006)  
U.S. District Court for the Northern District of Georgia

## CERTIFICATIONS

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Mediation Certificate - Georgia Office of Dispute Resolution

## PUBLICATIONS

Plain Language, Practice or Policy? Tips for Defending COVID-19 Workers' Compensation Claims, - CLM (September 2021)  
A Glimpse Into the Future of Workers' Comp - Dec Page Quarterly: the Trusted Voice of the Independent Insurance Agents of Georgia (Summer 2020)  
Fast Train to Georgia's Changes: Considerations for Workers' Compensation as a Result of COVID-19 - State Bar of Georgia's Workers' Compensation Law Section Newsletter (Spring 2020)