



Adrian H. Triminio

Associate Attorney

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Adrian H. Triminio is an Associate Attorney in our Orange County office. He joined LFLM in 2021 and defends insurance carriers, third-party administrators, and self-insured employers in all areas of state workers' compensation law. Mr. Triminio is an accomplished attorney with extensive experience in all aspects of Workers' Compensation litigation.

Prior to becoming a defense attorney, Mr. Triminio worked as an applicant attorney. This background gives him a unique insight that allows him to effectively defend the interests of his clients. He also has experience in civil matters, where he handled all phases of litigation before superior and appellate courts.

Mr. Triminio earned his undergraduate degree from the University of California Los Angeles. Mr. Triminio went on to earn his law degree from the University of California Hastings College of the Law in San Francisco.

Personal

Mr. Triminio is married and has three sons. He enjoys running marathons, ultramarathons, half marathons, travelling and spending time with his family.

Practice Areas

- **Workers' Compensation Defense**

Admitted to Practice

- State Bar of California, 1997

Education

- University of California, Hastings College of the Law, San Francisco, CA, Juris Doctor, 1994
- University of California, Los Angeles, Bachelor of Arts in Political Science, 1991