



Attorney

Tel: 919-821-0005

email@m-j.com

4140 Parklake Avenue

Suite 400

Raleigh, NC 27612

Forest has been practicing law for more than thirty years. He spent the first six years of his career as a partner with a large “defense” law firm mainly defending large corporations in civil lawsuits. Seeing the inequalities that existed in the justice system between wealthy and powerful companies and regular people, Forest was motivated to change his law practice, join Martin & Jones, and help level the playing field for ordinary, hard-working men and women and their families.

With the experience Forest gained from defending lawsuits, he now represents people who have been severely injured or families of those killed due to the negligence of others. Forest has tried lawsuits for his clients to successful jury verdicts in numerous states, including North Carolina, South Carolina, Georgia and Texas. He has also successfully represented clients in lawsuits filed in other states including New Jersey, Tennessee, Ohio, Alabama, Minnesota, Florida, Utah and Illinois. Forest has argued appellate cases in the Fourth Circuit Court of Appeals, the Third Circuit Court of Appeals and the North Carolina Court of Appeals.

Forest has obtained verdicts or negotiated settlements for his clients from corporations in the manufacturing, pharmaceutical, medical, railroad, and trucking industries. He continues to represent clients in a wide variety of cases, including asbestos disease, defective drug, professional negligence, and the [Federal Employers Liability Act \(FELA\)](#).

Forest was lead counsel in a case in which he won what was reported to be the [single largest FELA asbestos disease verdict](#) in the country on behalf of a CSX railroad worker who contracted the asbestos related lung cancer, mesothelioma. Forest has also obtained other verdicts or negotiated settlements for his railroad worker clients against various railroads in numerous states.

Forest has been chosen by his peers as a Best Lawyer in America for more than a decade, and has the further honor of being named [Lawyer of the Year 2020](#) for Product Liability Litigation. Forest also received the distinction of Lawyer of the Year in 2018 and 2012. He has also been chosen by his peers annually for inclusion in North Carolina [Super Lawyers](#) since 2010. Forest has achieved the highest attorney rating, "AV," by [Martindale-Hubbell](#), an independent legal services company whose peer-review attorney ratings service is an objective indicator that an attorney has the highest ethical standards and professional ability. What these accolades and ratings do not show is Forest's commitment to and compassion for his clients.

Forest has held leadership positions in the [NC Advocates for Justice](#), and [NC Bar Association](#) and has been a speaker at seminars sponsored by these and other legal organizations. He is a [Senior Fellow of The Trial Lawyer Honorary Society of the Litigation Counsel of America](#).

Education

- Campbell University School of Law, Raleigh, NC
- University of Kentucky, Lexington, KY

Bar Admissions

- North Carolina
- Georgia
- U.S. District Court Eastern District of North Carolina
- U.S. District Court Middle District of North Carolina
- U.S. District Court Western District of North Carolina
- U.S. Court of Appeals 4th Circuit
- U.S. Court of Appeals 6th Circuit

Classes Seminars

- Speaker, Practical Skills Course on Personal Injury Law, North Carolina Bar Association
- Speaker, Business Torts, North Carolina Academy of Trial Lawyers
- Speaker, Premises Liability, National Business Institute

Honors Awards

- Lawyer of the Year 2024, 2022, 2020, 2018 and 2012 by Best Lawyers
- Best Lawyer in America, 2008 – Present
- North Carolina Super Lawyers, 2010 – Present
- “AV,” by Martindale–Hubbell
- Senior Fellow of The Trial Lawyer Honorary Society of the Litigation Counsel of America

Professional Associations Memberships

- American Association for Justice
- North Carolina Academy of Trial Lawyers, Auto-Torts Co-Chair
- American Bar Association
- North Carolina Bar Association, Alternative Billing Commission
- Wake County Bar Association, Communications Committee
- NC Advocates for Justice
- Trial Lawyers Honorary Society of the Litigation Counsel of America, Fellow
- American Board of Trial Advocates

Past Employment

- Manning, Fulton & Skinner, PA, Partner
- Manning, Fulton & Skinner, PA, Associate
- Attorney General’s Office for the State of North Carolina, Department of Labor, Clerk

Cases

- [Mesothelioma, Lung Cancer & Asbestos](#)
- [Dangerous and Defective Products](#)
- [Personal Injury](#)
- [Workers' Compensation](#)

- [Class Actions](#)
- [Railroad FELA Injuries](#)