

SHELDON J. BLUMLING

Partner

Irvine

949.798.2127

949.851.0152



Service Focus

- California Class Actions and PAGA
- Emergency Planning and Response
- Employee Benefits and Tax
- Government Relations

Industry Focus

- Education
- Financial Services
- Higher Education
- Manufacturing
- PEO
- Staffing

OVERVIEW

Sheldon Blumling is a partner in the Irvine office and chair of the firm's Employee Benefits Practice Group. He advises clients with respect to all aspects of employee benefits and executive compensation, including qualified and nonqualified retirement plans, health and other welfare benefit plans, cafeteria plans, severance plans and equity-based compensation plans.

He also advises employers on compliance issues involving the Health Insurance Portability and Accountability Act (HIPAA) and all types of federal and state employment taxes, and he has had extensive experience advising clients on the

employee benefits and executive compensation aspects of mergers and acquisitions.

Sheldon joined the firm in its Atlanta office in 1998, and then rejoined the firm in its Irvine office in 2003 after practicing in the tax and employee benefits groups at a full-service, international law firm for four years.

While in law school, he served as Managing Editor of the *University of Miami Entertainment and Sports Law Review*. Sheldon has been listed in *Chambers USA, America's Leading Business Lawyers* from 2009-2015. He was also selected for inclusion in *The Legal 500 – Employee Benefits & Executive Compensation* in 2015.

Credentials

Education

- University of Miami School of Law, J.D., cum laude, 1998
- Arizona State University, B.S., summa cum laude, 1995

Bar Admissions

- California

Recognitions

- Recommended as a leading practitioner for Employee Benefits, Executive Compensation, and Retirement Plans – Design law by *The Legal 500 United States* (2022-2023)

INSIGHTS

Event

Tuesday, February 17, 2026 - Thursday, February 19, 2026

FP PeopleLaw 2026

Insights

Jan 20, 2026

Separating Myth From Reality on New “No Tax on Overtime” Law: Key Facts Employers Must Know This Tax Season and Beyond

Insights

Jan 8, 2026

FP’s Top 2026 Predictions for Employee Benefits and Tax

Event

Dec 9, 2025

Fisher Phillips 2026 California Legislative & Case Law Update: Los Angeles

Event

Nov 20, 2025

Fisher Phillips 2026 California Legislative & Case Law Update: Irvine

Event

Nov 18, 2025

Fisher Phillips 2026 California Legislative & Case Law Update: Woodland Hills