Joseph T. Burns was born and raised in Central New York. He graduated from Syracuse University in 2001 with a BA in History and Political Science, and in 2004, Joe graduated from Albany Law School.

Shortly after graduating law school, Joe began working for New York State Senator John A. DeFrancisco of Syracuse. While working for Senator DeFrancisco, Joe worked on a wide variety of legislative and local matters as well as on issues that came before the Senate Judiciary Committee, the committee then chaired by Sen. DeFrancisco.

After working in the New York State Senate, Joe was appointed in 2009 as the Deputy Director of Election Operations at the New York State Board of Elections. In that role, Joe worked daily with county Boards of Elections commissioners, candidates, party committee leaders, campaign workers, and others with an interest in the efficient administration of elections in the State of New York. During his time at the State Board of Elections, Joe was involved with New York State's historic transition from lever voting machines to HAVA-compliant opticalscan voting systems.

Since leaving the New York State Board of Elections in 2015, Joe has provided legal advice and representation to candidates, party committees and county elections commissioners throughout New York State. Joe has represented clients in election matters in courts across New York State, including at the 3rd and 4th Departments of the Appellate Division and at the Court of Appeals, New York State's highest court.

Joe frequently speaks to organizations and at continuing legal education classes on the New York State Election Law. In 2016, he was appointed to be a member of the Erie County Charter Revision Commission, and he was elected by his fellow commissioners to serve as the vice chair of the body. Joe, in 2021, was appointed to serve as a member of the Erie County Advisory Committee on Reappointment, the body that makes recommendations on redistricting of the Erie County Legislature.

Since 2015, Joe has resided in the Town of Amherst, a suburb of Buffalo, New York. He is admitted to practice law before the courts of the State of New York as well as in the US District Courts for the Northern and Western Districts of New York.