OSHA's Form 300 (Rev. 01/2004)

Log of Work-Related Injuries and Illnesses

Attention: This form contains information relating to employee health and must be used in a manner that protects the confidentiality of employees to the extent possible while the information is being used for occupational safety and health purposes.

Year_	
U.S. Dep	artment of Labor
Occupational Sa	faty and Haalth Administration

Occupational Safety and Health Administration

You must record information about every work-related injury or illness that involves loss of consciousness, restricted work activity or job transfer, days away from work, or medical treatment beyond first aid. You must also record significant work-related injuries and illnesses that are diagnosed by a physician or licensed health care professional. You must also record work-related injuries and illnesses that meet any of the specific recording criteria listed in 29 CFR 1904.8 through 1904.12. Feel free to use two lines for a single case if you need to. You must complete an injury and illness incident report (OSHA Form 301) or equivalent form for each injury or illness recorded on this form. If you're not sure whether a case is recordable, call your local OSHA office for help.

Establishment name

City

State

Identify the person Describe the case				Class	ify the case															
(A) Case No.	(B)	(C) Job Title (e.g., Welder)	(D) (E)		(F)			box for each cach cacome for that ca		Enter the nu days the inj worker was	ured or ill	Check th	e "injur	y" colum illne	nn or cho ess:	oose one	e type of			
			illness (mo./day)	1	fore				Death	Days away from work	Remained at work		Away Con job transfer or restriction (days)			Skin Disorder	atory tion	guir	ng Loss	ther illness
									Other record- able cases	(days)		Injury Skin D	Skin	Respiratory Condition	Poisoning	Hearing	All other			
						(G)	(H)	(I)	(J)	(K)	(L)	(1)	(2)	(3)	(4)	(5)	(6)			
															\longrightarrow					
															\longrightarrow					
-															\Box					
Page totals 0 0						0	0	0	0	0	0	0	0	0	0	0				

Be sure to transfer these totals to the Summary page (Form 300A) before you post it.

Skin Disorder
Respiratory
Condition
Poisoning
Hearing Loss
All other illnesses

to review the instruction, search and gather the data needed, and complete and review the collection of information. Persons are not required to respond to the collection of information unless it displays a currently valid OMB control number. If you have any comments about these estimates or any aspects of this data collection, contact: US Department of Labor, OSHA Office of Statistics, Room N-3644, 200 Constitution Ave, NW, Washington, DC 20210. Do not send the completed forms to this office.

Public reporting burden for this collection of information is estimated to average 14 minutes per response, including time

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OSHA's Form 300A (Rev. 01/2004)

Summary of Work-Related Injuries and Illnesses



Occupational Safety and Health Administration

Form approved OMB no. 1218-0176

All establishments covered by Part 1904 must complete this Summary page, even if no injuries or illnesses occurred during the year. Remember to review the Log to verify that the entries are complete

Using the Log, count the individual entries you made for each category. Then write the totals below, making sure you've added the entries from every page of the log. If you had no cases write "0."

Employees former employees, and their representatives have the right to review the OSHA Form 300 in its entirety. They also have limited access to the OSHA Form 301 or its equivalent. See 29 CFR 1904.35, in OSHA's Recordkeeping rule, for further details on the access provisions for these forms.

Number of Cases						
Total number of deaths Total number of cases with days away from work		Total number of cases with job transfer or restriction	Total number of other recordable cases			
0	0	0	0			
(G)	(H)	(1)	(J)			
Number of Days						
Total number of days away from work		Total number of days of job transfer or restriction				
0		0				
(K)		(L)				
Injury and Illness Types						
Total number of (M)						
(1) Injury	0	(4) Poisoning	0			
(2) Skin Disorder	0	(5) Hearing Loss	0			
(3) Respiratory Condition	0	(6) All Other Illnesses	0			

Post this Summary page from February 1 to April 30 of the year following the year covered by the form

Public reporting burden for this collection of information is estimated to average 58 minutes per response, including time to review the instruction, search and gather the data needed, and complete and review the collection of information. Persons are not required to respond to the collection of information unless it displays a currently valid OMB control number. If you have any comments about these estimates or any aspects of this data collection, contact: US Department of Labor, OSHA Office of Statistics, Room N-3644, 200 Constitution Ave, NW, Washington, DC 20210. Do not send the completed forms to this office.

Esta	blishr	nent information	
	Your e	stablishment name	
	Street		
	City	State	Zip
	Industr	y description (e.g., Manufacture of motor truck trailers)	
	Standa	rd Industrial Classification (SIC), if known (e.g., SIC 3715)	
OR	North A	American Industrial Classification (NAICS), if known (e.g., 336212)	
≣mp	oloyme	ent information	
	Annual	average number of employees	
	Total h year	ours worked by all employees last	
Sign	here		
	Knowi	ngly falsifying this document may result in a fine.	
	I certify comple	that I have examined this document and that to the best of my knowledge the entries are true, ate.	accurate, and
		Company executive	Title
		Phone -	 Date

OSHA's Form 301 Injuries and Illnesses Incident Report

Attention: This form contains information relating to employee health and must be used in a manner that protects the confidentiality of employees to the extent possible while the information is being used for occupational safety and health purposes.



Occupational Safety and Health Administration

Form approved OMB no. 1218-0176

This *Injury* and *Illness Incident Repor*t is one of the first forms you must fill out when a recordable work-related injury or illness has occurred. Together with the *Log of Work-Related injuries and Illnesses* and the accompanying *Summary*, these forms help the employer and OSHA develop a picture of the extent and severity of work-related incidents.

Within 7 calendar days after you receive information that a recordable work-related injury or illness has occurred, you must fill out this form or an equivalent. Some state workers' compensation, insurance, or other reports may be acceptable substitutes. To be considered an equivalent form, any substitute must contain all the information asked for on this form.

According to Public Law 91-596 and 29 CFR 1904, OSHA's recordkeeping rule, you must keep this form on file for 5 years following the year to which it pertains

If you need additional copies of this form, you may photocopy and use as many as you need.

Completed by							
Title							
Phone		Date					
Public reporting burden for this collection of information is estimated to							

Information about the employee		Information about the case
Full Name	10)	Case number from the Log (Transfer the case number from the Log after you record the case.)
Street	11)	Date of injury or illness
CityStateZip	12)	Time employee began work AM/PM
Date of birth	13)	Time of event AM/PMCheck if time cannot be determined
Date hired	14)	What was the employee doing just before the incident occurred? Describe the activity, as well
Male Female		as the tools, equipment or material the employee was using. Be specific. Examples: "climbing a ladder while carrying roofing materials"; "spraying chlorine from hand sprayer"; "daily computer keyentry."
Information about the physician or other health care		
Name of physician or other health care professional	15)	What happened? Tell us how the injury occurred. Examples: "When ladder slipped on wet floor, worker fell 20 feet"; "Worker was sprayed with chlorine when gasket broke during replacement"; "Worker developed soreness in wrist over time."
If treatment was given away from the worksite, where was it given?		
Facility	16)	What was the injury or illness? Tell us the part of the body that was affected and how it was
Street		affected; be more specific than "hurt", "pain", or "sore." Examples: "strained back"; "chemical burn, hand"; "carpal tunnel syndrome."
CityStateZip		
Was employee treated in an emergency room?		
Yes No	17)	What object or substance directly harmed the employee? Examples: "concrete floor"; "chlorine" radial arm saw." If this question does not apply to the incident, leave it blank.
Was employee hospitalized overnight as an in-patient?		
□ No	18)	If the employee died, when did death occur? Date of death
	Street CityStateZip Date of birth Date hired MaleFemale Information about the physician or other health care professional Name of physician or other health care professional If treatment was given away from the worksite, where was it given? Facility Street City StateZip Was employee treated in an emergency room? YesNo Was employee hospitalized overnight as an in-patient? Yes	Full Name 10) Street 11) City State Zip 12) Date of birth 13) Date hired 14) Male Female Information about the physician or other health care professional 15) Name of physician or other health care professional 15) If treatment was given away from the worksite, where was it given? Facility 16) Street City State Zip Was employee treated in an emergency room? 17) No Was employee hospitalized overnight as an in-patient? 17)

Public reporting burden for this collection of information is estimated to average 22 minutes per response, including time for reviewing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Persons are not required to respond to the collection of information unless it displays a current valid OMB control number. If you have any comments about this estimate or any other aspects of this data collection, including suggestions for reducing this burden, contact: US Department of Labor, OSHA Office of Statistics, Room N-3644, 200 Constitution Ave, NW, Washington, DC 20210. Do not send the completed forms to this office.