

OSHA 300 Acceptable/Non- Recordable First Aid

- Non prescription medication at non-prescription strength.
(Ex: Ibuprofen (200mg) 2 tablets 3x a day)
- Tetanus shots
- Cleaning, flushing, or soaking wounds on the skin surface
- Wound coverage such as Band-Aids, gauze pads, and even steri-strips and butterfly bandages
- Using hot or cold therapy
- Any totally NON RIGID (flexible) means of support
(Ex: elastic bandages, wraps, etc.)
- Any temporary immobilization devices while transporting an accident victim
- Drilling fingernail or toenail to relieve pressure, or draining fluid from blisters
- Eye patches
- Simple irrigation or a cotton swab *only* to remove foreign objects not embedded in or adhered to the eye
- Simple irrigation, tweezers, cotton swab or other simple means to remove splinters or foreign material from areas *other than the eye*
- Finger guards
- Massage therapy
- Drinking fluids to relieve heat stress
- Liquid band-aid is acceptable, *provided* that medical documentation states clearly that it is used to protect and prevent infection and not to for wound closure.

DON'T FORGET.....

- Work Days VS Calendar Days
In order to prevent an OSHA lost time all medical paperwork must flow in "calendar days". All documentation must show (even if not scheduled to work) that the employee had work capacity (ie. restricted or full duty).
Example: If an employee has surgery on a Friday his M1 must give him work capacity or return to work status for the following day (Saturday), if it says return to work the following Monday, this is considered an OSHA 300 lost time!