OSHA
Forms for Recording
Work-Related Injuries and Illnesses

Dear Employer:

This booklet includes the forms needed for maintaining occupational injury and illness records for 2004. These new forms have changed in several important ways from the 2003 recordkeeping forms.

In the December 17, 2002 Federal Register (67 FR 77165-77170), OSHA announced its decision to add an occupational hearing loss column to OSHA’s Form 300, Log of Work-Related Injuries and Illnesses. This forms package contains modified Forms 300 and 300A which incorporate the additional column M(5) Hearing Loss. Employers required to complete the injury and illness forms must begin to use these forms on January 1, 2004.

In response to public suggestions, OSHA also has made several changes to the forms package to make the recordkeeping materials clearer and easier to use:

• On Form 300, we’ve switched the positions of the day count columns. The days “away from work” column now comes before the days “on job transfer or restriction.”
• We’ve clarified the formulas for calculating incidence rates.
• We’ve added new recording criteria for occupational hearing loss to the “Overview” section.
• On Form 300, we’ve made the column heading “Classify the Case” more prominent to make it clear that employers should mark only one selection among the four columns offered.

The Occupational Safety and Health Administration shares with you the goal of preventing injuries and illnesses in our nation’s workplaces. Accurate injury and illness records will help us achieve that goal.

Occupational Safety and Health Administration
U.S. Department of Labor

What’s Inside...

In this package, you’ll find everything you need to complete OSHA’s Log and the Summary of Work-Related Injuries and Illnesses for the next several years. On the following pages, you’ll find:

▼ An Overview: Recording Work-Related Injuries and Illnesses — General instructions for filling out the forms in this package and definitions of terms you should use when you classify your cases as injuries or illnesses.

▼ How to Fill Out the Log — An example to guide you in filling out the Log properly.

▼ Log of Work-Related Injuries and Illnesses — Several pages of the Log (but you may make as many copies of the Log as you need.) Notice that the Log is separate from the Summary.

▼ Summary of Work-Related Injuries and Illnesses — Removable Summary pages for easy posting at the end of the year. Note that you post the Summary only, not the Log.

▼ Worksheet to Help You Fill Out the Summary — A worksheet for figuring the average number of employees who worked for your establishment and the total number of hours worked.

▼ OSHA’s 301: Injury and Illness Incident Report — A copy of the OSHA 301 to provide details about the incident. You may make as many copies as you need or use an equivalent form.

Take a few minutes to review this package. If you have any questions, visit us online at www.osha.gov or call your local OSHA office. We’ll be happy to help you.
An Overview:
Recording Work-Related Injuries and Illnesses

The Occupational Safety and Health (OSHA) Act of 1970 requires certain employers to prepare and maintain records of work-related injuries and illnesses. Use these definitions when you classify cases on the Log. OSHA's recordkeeping regulation (see 29 CFR Part 1904) provides more information about the definitions below.

The Log of Work-Related Injuries and Illnesses (Form 300) is used to classify work-related injuries and illnesses and to note the extent and severity of each case. When an incident occurs, use the Log to record specific details about what happened and how it happened. The Summary — a separate form (Form 300A) — shows the totals for the year in each category. At the end of the year, post the Summary in a visible location so that your employers are aware of the injuries and illnesses occurring in their workplace.

Employers must keep a Log for each establishment or site. If you have more than one establishment, you must keep a separate Log and Summary for each physical location that is expected to be in operation for one year or longer.

Note that your employers have the right to review your injury and illness records. For more information, see 29 Code of Federal Regulations Part 1904.35, Employee Involvement.

Cases listed on the Log of Work-Related Injuries and Illnesses are not necessarily eligible for workers' compensation or other insurance benefits. Listing a case on the Log does not mean that the employer or worker was at fault or that an OSHA standard was violated.

When is an injury or illness considered work-related?

An injury or illness is considered work-related if an event or exposure in the workplace caused or contributed to the condition or significantly aggravated a preexisting condition. Work-relatedness is presumed for injuries and illnesses resulting from events or exposures occurring in the workplace, unless an exception specifically applies. See 29 CFR Part 1904.5(b)(2) for the exceptions. The work environment includes the establishment and other locations where one or more employees are working or are present as a condition of their employment. See 29 CFR Part 1904.5(b)(1).

What are the additional criteria?

You must record the following conditions when they are work-related:

▼ any needlestick injury or cut from a sharp object that is contaminated with another person's blood or other potentially infectious material;

▼ any case requiring an employee to be medically removed under the requirements of an OSHA health standard;

▼ tuberculosis infection as evidenced by a positive skin test or diagnosis by a physician or other licensed health care professional after exposure to a known case of active tuberculosis.

▼ an employee's hearing test (audiogram) reveals 1) that the employee has experienced a Standard Threshold Shift (STS) in hearing in one or both ears (averaged at 2000, 3000, and 4000 Hz) and 2) the employee's total hearing level is 25 decibels (dB) or more above audiometric zero (also averaged at 2000, 3000, and 4000 Hz) in the same ear(s) as the STS.

What is medical treatment?

Medical treatment includes managing and caring for a patient for the purpose of combating disease or disorder. The following are not considered medical treatments and are NOT recordable:

▼ visits to a doctor or health care professional solely for observation or counseling;

How to work with the Log

1. Within 7 calendar days after you receive information about a case, decide if the case is recordable under the OSHA recordkeeping requirements.

2. Determine whether the incident is a new case or a recurrence of an existing one.

3. Establish whether the case was work-related.

4. If the case is recordable, decide which form you will fill out as the injury and illness incident report.

You may use OSHA's 301: Injury and Illness Incident Report or an equivalent form. Some state workers' compensation, insurance, or other reports may be acceptable substitutes, as long as they provide the same information as the OSHA 301.
diagnostic procedures, including
administering prescription medications that
are used solely for diagnostic purposes; and
any procedure that can be labeled first aid.
(See below for more information about first aid.)

What is first aid?
If the incident required only the following types
of treatment, consider it first aid. Do NOT
record the case if it involves only:
- using non-prescription medications at non-
prescription strength;
- administering tetanus immunizations;
- cleaning, flushing, or soothing wounds on the
  skin surface;
- using wound coverings, such as bandages,
  BandAids™, gauze pads, etc., or using
  SteriStrip™ or butterfly bandages.
- using hot or cold therapy;
- using any totally non-rigid means of support,
  such as elastic bandages, wraps, non-rigid
  back belts, etc.;
- using temporary immobilization devices
  while transporting an accident victim
  (splints, slings, neck collars, or back boards);
- drilling a fingernail or toenail to relieve
  pressure, or draining fluids from blisters;
- using eye patches;
- using simple irrigation or a cotton swab
  to remove foreign bodies not embedded in or
  adhered to the eye;
- using irrigation, tweezers, cotton swab or
  other simple means to remove splinters or
  foreign material from areas other than the
  eye;
- using finger guards;
- using massages;
- drinking fluids to relieve heat stress

How do you decide if the case involved
restricted work?
Restricted work activity occurs when, as the
result of a work-related injury or illness, an
employer or healthcare professional keeps, or
recommends keeping, an employee from doing
the routine functions of his or her job or from
working the full workday that the employee
would have been scheduled to work before the
injury or illness occurred.

How do you count the number of days
of restricted work activity or the
number of days away from work?
Count the number of calendar days the employee
was on restricted work activity or was
away from work as a result of the recordable
injury or illness. Do NOT count the day on which
the injury or illness occurred in this number.
Begin counting days from the day after
the incident occurs. If a single injury or illness
involved both days away from work and days of
restricted work activity, enter the total number
of days for each. You may stop counting days of
restricted work activity or days away from work
once the total of either or the combination of
both reaches 180 days.

Under what circumstances should you
NOT enter the employee's name on the
OSHA Form 300?
You must consider the following types of
injuries or illnesses to be privacy concern cases:
- an injury or illness to an intimate body part
  or to the reproductive system,
- an injury or illness resulting from a sexual
  assault,
- a mental illness,
- a case of HIV infection, hepatitis, or
  tuberculosis,
- a needlestick injury or cut from a sharp
  object that is contaminated with blood or
  other potentially infectious material (see
  29 CFR Part 1904.8 for definition), and
- other illnesses, if the employee
  independently and voluntarily requests that
  his or her name not be entered on the log.
  You must not enter the employee's name on
the OSHA 300 Log for these cases. Instead, enter
"privacy case" in the space normally used for
the employee's name. You must keep a separate,
confidential list of the case numbers and
employee names for the establishment's privacy
concern cases so that you can update the cases
and provide information to the government if
asked to do so.

If you have a reasonable basis to believe
that information describing the privacy concern
case may be personally identifiable even though
the employee's name has been omitted, you may
use discretion in describing the injury or illness
on both the OSHA 300 and 301 forms. You
must enter enough information to identify the
cause of the incident and the general severity of
the injury or illness, but you do not need to
include details of an intimate or private nature.

What if the outcome changes after you
record the case?
If the outcome or extent of an injury or illness
changes after you have recorded the case,
simply draw a line through the original entry or,
if you wish, delete or white-out the original
entry. Then write the new entry where it
belongs. Remember, you need to record the
most serious outcome for each case.

Classifying injuries
An injury is any wound or damage to the body
resulting from an event in the work
environment.

Examples: Cut, puncture, laceration,
abrasion, fracture, bruise, contusion, chipped
Tooth, amputation, insect bite, electrocution,
or a thermal, chemical, electrical, or radiation
burn. Sprain and strain injuries to muscles,
Joints, and connective tissues are classified as
injuries when they result from a slip, trip, fall or
other similar accidents.
Classifying illnesses

Skin diseases or disorders
Skin diseases or disorders are illnesses involving the worker's skin that are caused by work exposure to chemicals, plants, or other substances.

Examples: Contact dermatitis, eczema, or rash caused by primary irritants and sensitizers or poisonous plants; oil acne; friction blisters, chronic ulcers; inflammation of the skin.

Respiratory conditions
 Respiratory conditions are illnesses associated with breathing hazardous biological agents, chemicals, dust, gases, vapors, or fumes at work.

Examples: Silicosis, asbestos, pneumonitis, pharyngitis, rhinitis or acute congestion; farmer's lung, beryllium disease, tuberculosis, occupational asthma, reactive airways dysfunction syndrome (RADS), chronic obstructive pulmonary disease (COPD), hypersensitivity pneumonitis, toxic inhalation injury, such as metal fume fever, chronic obstructive bronchitis, and other pneumoconioses.

Poisoning
Poisoning includes disorders evidenced by abnormal concentrations of toxic substances in blood, other tissues, or bodily fluids, or the breath that are caused by the ingestion or absorption of toxic substances into the body.

Examples: Poisoning by lead, mercury, cadmium, arsenic, or other metals; poisoning by carbon monoxide, hydrogen sulfide, or other gases; poisoning by benzene, benzol, carbon tetrachloride, or other organic solvents; poisoning by insecticide sprays, such as parathion or lead arsenate; poisoning by other chemicals, such as formaldehyde.

Hearing Loss
Noise-induced hearing loss is defined for recordkeeping purposes as a change in hearing threshold relative to the baseline audiogram of an average of 10 dB or more in either ear at 2000, 3000 and 4000 hertz, and the employee's total hearing level is 25 decibels (dB) or more above audiometric zero (also averaged at 2000, 3000, and 4000 hertz) in the same ear(s).

All other illnesses
All other occupational illnesses.

Examples: Heatstroke, sunstroke, heat exhaustion, heat stress and other effects of environmental heat; freezing, frostbite, and other effects of exposure to low temperatures; decompression sickness; effects of ionizing radiation (isotopes, x-rays, radium); effects of nonionizing radiation (welding flash, ultra-violet rays, lasers); anthrax; bloodborne pathogenic diseases, such as AIDS, HIV, hepatitis B or hepatitis C; brucellosis; malignant or benign tumors; histoplasmosis; coccidioidomycosis.

When must you post the Summary?
You must post the Summary only — not the Log — by February 1 of the year following the year covered by the form and keep it posted until April 30 of that year.

How long must you keep the Log and Summary on file?
You must keep the Log and Summary for 5 years following the year to which they pertain.

Do you have to send these forms to OSHA at the end of the year?
No. You do not have to send the completed forms to OSHA unless specifically asked to do so.

How can we help you?
If you have a question about how to fill out the Log,
- visit us online at www.osha.gov or
- call your local OSHA office.
Optional

Calculating Injury and Illness Incidence Rates

What is an incidence rate?
An incidence rate is the number of recordable injuries and illnesses occurring among a given number of full-time workers (usually 100 full-time workers) over a given period of time (usually one year). To evaluate your firm's injury and illness experience over time or to compare your firm's experience with that of your industry as a whole, you need to compute your incidence rate. Because a specific number of workers and a specific period of time are involved, these rates can help you identify problems in your workplace and/or progress you may have made in preventing work-related injuries and illnesses.

How do you calculate an incidence rate?
You can compute an occupational injury and illness incidence rate for all recordable cases or for cases that involved days away from work for your firm quickly and easily. The formula requires that you follow instructions in paragraph (a) below for the total recordable cases or those in paragraph (b) for cases that involved days away from work, and for both rates the instructions in paragraph (c).

(a) To find out the total number of recordable injuries and illnesses that occurred during the year, count the number of line entries on your OSHA Form 300, or refer to the OSHA Form 300A and sum the entries for columns (G), (H), (I), and (J).

(b) To find out the number of injuries and illnesses that involved days away from work, count the number of line entries on your OSHA Form 300 that received a check mark in column (H), or refer to the entry for column (H) on the OSHA Form 300A.

(c) The number of hours all employees actually worked during the year. Refer to OSHA Form 300A and optional worksheet to calculate this number.

You can compute the incidence rate for all recordable cases of injuries and illnesses using the following formula:

\[ \text{Total number of injuries and illnesses} \times 200,000 \div \text{Number of hours worked by all employees} = \text{Total recordable case rate} \]

(The 200,000 figure in the formula represents the number of hours 100 employees working 40 hours per week, 50 weeks per year would work, and provides the standard base for calculating incidence rates.) You can compute the incidence rate for recordable cases involving days away from work, days of restricted work activity or job transfer (DART) using the following formula:

\[ (\text{Number of entries in column H} + \text{Number of entries in column I}) \times 200,000 \div \text{Number of hours worked by all employees} = \text{DART incidence rate} \]

You can use the same formula to calculate incidence rates for other variables such as cases involving restricted work activity (column (I) on Form 300A), cases involving skin disorders (column (M-2) on Form 300A), etc. Just substitute the appropriate total for these cases, from Form 300A, into the formula in place of the total number of injuries and illnesses.

What can I compare my incidence rate to?
The Bureau of Labor Statistics (BLS) conducts a survey of occupational injuries and illnesses each year and publishes incidence rate data by various classifications (e.g., by industry, by employer size, etc.). You can obtain these published data at www.bls.gov/iif or by calling a BLS Regional Office.

Worksheet

<table>
<thead>
<tr>
<th>Total number of injuries and illnesses</th>
<th>Number of hours worked by all employees</th>
<th>Total recordable case rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number of entries in Column H + Column I</th>
<th>Number of hours worked by all employees</th>
<th>DART incidence rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# How to Fill Out the Log

The Log of Work-Related Injuries and Illnesses is used to classify work-related injuries and illnesses and to note the extent and severity of each case. When an incident occurs, use the Log to record specific details about what happened and how it happened.

If your company has more than one establishment or site, you must keep separate records for each physical location that is expected to remain in operation for one year or longer.

We have given you several copies of the Log in this package. If you need more than we provided, you may photocopy and use as many as you need.

The Summary — a separate form — shows the work-related injury and illness totals for the year in each category. At the end of the year, count the number of incidents in each category and transfer the totals from the Log to the Summary. Then post the Summary in a visible location so that your employees are aware of injuries and illnesses occurring in their workplace.

You don’t post the Log. You post only the Summary at the end of the year.

---

### OSHA’s Form 300

**Log of Work-Related Injuries and Illnesses**

![Form 300](image)

- **Identification:** Use the Log to record specific details about what happened and how it happened.
- **Summary:** Include the number of cases, the number of days away from work, and the number of restricted work days for each injury or illness reported.
- **Record Keeping:** Keep the Log for at least five years.

---

### Be as specific as possible.

- Use extra lines if you need more room.
- Revise the log if the injury or illness progresses and the outcome is more serious than you originally recorded for the case. Cross out, erase, or white-out the original entry.

---

### Choose ONLY ONE of these categories.

- Classify the case by recording the most serious outcome of the case, with column G (Death) being the most serious and column J (Other recordable cases) being the least serious.

---

### Note whether the case involves an injury or an illness.

- Consider the case as involving an injury or an illness if the outcome is more serious than the least serious in column J.
# Log of Work-Related Injuries and Illnesses

You must record information about every work-related death and 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 Part 1904.8 through 1904.10. 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.

<table>
<thead>
<tr>
<th>Identify the person</th>
<th>Describe the case</th>
<th>Classify the case</th>
<th>Enter the number of days the injured or ill worker was</th>
<th>Check the “Injury” column or choose one type of illness:</th>
</tr>
</thead>
<tbody>
<tr>
<td>(A) Case no.</td>
<td>(B) Employee’s name</td>
<td>(C) Job title (e.g., Welder)</td>
<td>(D) Date of injury or onset of illness (e.g., Loading dock truck)</td>
<td>(E) Where the event occurred (e.g., Loading dock truck)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Public reporting burden for this collection of information is estimated to average 15 minutes per response, including time to review the instructions, 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 other aspects of this data collection, contact: US Department of Labor, OSHA Office of Statistical Analysis, Room N-6614, 200 Constitution Avenue, NW, Washington, DC 20210. Do not send the completed forms to this office.**
# Summary of Work-Related Injuries and Illnesses

All establishments covered by Part 1904 must complete this Summary page, even if no work-related injuries or illnesses occurred during the year. Remember to review the Log to verify that the entries are complete and accurate before completing this summary.

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 Part 1904.35, in OSHA’s recordkeeping rule, for further details on the access provisions for these forms.

## Establishment Information

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td>State / ZIP</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Industry description (e.g., Manufacture of motor truck trailers)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard Industrial Classification (SIC), if known (e.g., 1715)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>North American Industrial Classification (NAICS), if known (e.g., 336212)</td>
<td></td>
</tr>
</tbody>
</table>

## Employment Information

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual average number of employees</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total hours worked by all employees last year</td>
<td></td>
</tr>
</tbody>
</table>

## Injury and Illness Types

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total number of injuries</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Injuries</td>
<td>(4) Poisonings</td>
</tr>
<tr>
<td>(2) Skin disorders</td>
<td>(5) Hearing loss</td>
</tr>
<tr>
<td>(3) Respiratory conditions</td>
<td>(6) All other illnesses</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post this Summary page from February 1 to April 30 of the year following the year covered by the form.</td>
<td></td>
</tr>
</tbody>
</table>

Public reporting burden for this collection of information is estimated to average 58 minutes per response, including time to review the instructions, 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 other aspects of this data collection, contact: US Department of Labor, OSHA Office of Statistics Analysis, Room N-3614, 200 Constitution Avenue, NW, Washington, DC 20210. Do not send the completed forms to this office.
Worksheet to Help You Fill Out the Summary

At the end of the year, OSHA requires you to enter the average number of employees and the total hours worked by your employees on the summary. If you don’t have these figures, you can use the information on this page to estimate the numbers you will need to enter on the Summary page at the end of the year.

How to figure the average number of employees who worked for your establishment during the year:

1. Add the total number of employees your establishment paid in all pay periods during the year. Include all employees: full-time, part-time, temporary, seasonal, salaried, and hourly.

   The number of employees paid in all pay periods = __________

2. Count the number of pay periods your establishment had during the year. Be sure to include any pay periods when you had no employees.

   The number of pay periods during the year = __________

3. Divide the number of employees by the number of pay periods.

   __________ / __________ = __________

4. Round the answer to the next highest whole number. Write the rounded number in the blank marked Annual average number of employees.

   The number rounded = __________

For example, Acme Construction figured its average employment this way:

<table>
<thead>
<tr>
<th>For pay period...</th>
<th>Acme paid this number of employees...</th>
<th>Number of employees paid = 830</th>
<th>__________</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>15</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>30</td>
<td>830 = 31.92</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>40</td>
<td>26</td>
<td>5</td>
</tr>
<tr>
<td>▼</td>
<td>▼</td>
<td>31.92 rounds to 32</td>
<td>6</td>
</tr>
<tr>
<td>24</td>
<td>20</td>
<td>32</td>
<td>7</td>
</tr>
<tr>
<td>25</td>
<td>15</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>26</td>
<td>10</td>
<td>830</td>
<td>9</td>
</tr>
</tbody>
</table>

How to figure the total hours worked by all employees:

Include hours worked by salaried, hourly, part-time and seasonal workers, as well as hours worked by other workers subject to daily, hourly, temporary, seasonal employment (e.g., temporary help service workers).

Do not include vacation, sick leave, holidays, or any other non-work time, even if employees were paid for it. If your establishment keeps records of only the hours paid or if you have employees who are not paid by the hour, please estimate the hours that the employees actually worked.

If this number isn’t available, you can use this optional worksheet to estimate it.

Optional Worksheet

Find the number of full-time employees in your establishment for the year.

X __________ Multiply by the number of work hours for a full-time employee in a year.

This is the number of full-time hours worked.

+ __________ Add the number of any overtime hours as well as the hours worked by other employees (part-time, temporary, seasonal).

Round the answer to the next highest whole number. Write the rounded number in the blank marked Total hours worked by all employees last year.
OSHA’s Form 301
Injury and Illness Incident Report

This Injury and Illness Incident Report 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.

Information about the employee

1) Full name __________________________

2) Street __________________________
   City ______ State ______ ZIP ______

3) Date of birth __/__/____

4) Date hired __/__/____

5) ☐ Male  ☐ Female

Information about the physician or other health care professional

6) Name of physician or other health care professional __________________________

7) If treatment was given away from the worksite, where was it given?
   Facility __________________________
   Street __________________________
   City ______ State ______ ZIP ______

8) Was employee treated in an emergency room?
   ☐ Yes  ☐ No

9) Was employee hospitalized overnight as an in-patient?
   ☐ Yes  ☐ No

Information about the case

10) Case number from the Log __________________________ (Transfer the case number from the Log after you record the case.)

11) Date of injury or illness__/__/____

12) Time employee began work AM / PM

13) Time of event AM / PM □ Check if time cannot be determined

14) What was the employee doing just before the incident occurred? Describe the activity, as well 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 key-entry.”

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.”

16) What was the injury or illness? Tell us the part of the body that was affected and how it was affected; be more specific than “hurt,” “pain,” or “sore.” Examples: “strained back”; “chemical burn, hand”; “carpal tunnel syndrome.”

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.

18) If the employee died, when did death occur? Date of death __/__/____
If You Need Help...

If you need help deciding whether a case is recordable, or if you have questions about the information in this package, feel free to contact us. We’ll gladly answer any questions you have.

- **Visit us online at www.osha.gov**
- **Call your OSHA Regional office and ask for the recordkeeping coordinator**
  - or
- **Call your State Plan office**

<table>
<thead>
<tr>
<th>Federal Jurisdiction</th>
<th>State Plan States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region 1 - 617 / 565-9860&lt;br&gt;Connecticut; Massachusetts; Maine; New Hampshire; Rhode Island</td>
<td>Alaska - 907 / 269-4957</td>
</tr>
<tr>
<td>Region 2 - 212 / 337-2378&lt;br&gt;New York; New Jersey</td>
<td>Arizona - 602 / 542-5795</td>
</tr>
<tr>
<td>Region 3 - 215 / 861-4900&lt;br&gt;DC; Delaware; Pennsylvania; West Virginia</td>
<td>California - 415 / 703-5100</td>
</tr>
<tr>
<td>Region 4 - 404 / 562-2300&lt;br&gt;Alabama; Florida; Georgia; Mississippi</td>
<td>*Connecticut - 860 / 566-4380</td>
</tr>
<tr>
<td>Region 5 - 312 / 353-2220&lt;br&gt;Illinois; Ohio; Wisconsin</td>
<td>Hawaii - 808 / 586-9100</td>
</tr>
<tr>
<td>Region 6 - 214 / 767-4731&lt;br&gt;Arkansas; Louisiana; Oklahoma; Texas</td>
<td>Indiana - 317 / 232-2688</td>
</tr>
<tr>
<td>Region 7 - 816 / 426-5861&lt;br&gt;Kansas; Missouri; Nebraska</td>
<td>Iowa - 515 / 281-3661</td>
</tr>
<tr>
<td>Region 8 - 303 / 844-1600&lt;br&gt;Colorado; Montana; North Dakota; South Dakota</td>
<td>Kentucky - 502 / 564-3070</td>
</tr>
<tr>
<td>Region 9 - 415 / 975-4310</td>
<td>Maryland - 410 / 767-2371</td>
</tr>
<tr>
<td>Region 10 - 206 / 553-5930&lt;br&gt;Idaho</td>
<td>Michigan - 517 / 322-1848</td>
</tr>
<tr>
<td></td>
<td>Minnesota - 651 / 284-5050</td>
</tr>
<tr>
<td></td>
<td>Nevada - 702 / 486-9020</td>
</tr>
<tr>
<td></td>
<td>*New Jersey - 609 / 984-1389</td>
</tr>
<tr>
<td></td>
<td>New Mexico - 505 / 827-4230</td>
</tr>
<tr>
<td></td>
<td>*New York - 518 / 457-2574</td>
</tr>
<tr>
<td></td>
<td>North Carolina - 919 / 807-2875</td>
</tr>
<tr>
<td></td>
<td>Oregon - 503 / 378-3272</td>
</tr>
<tr>
<td></td>
<td>Puerto Rico - 787 / 754-2172</td>
</tr>
<tr>
<td></td>
<td>South Carolina - 803 / 734-9669</td>
</tr>
<tr>
<td></td>
<td>Tennessee - 615 / 741-2793</td>
</tr>
<tr>
<td></td>
<td>Utah - 801 / 530-6901</td>
</tr>
<tr>
<td></td>
<td>Vermont - 802 / 828-2765</td>
</tr>
<tr>
<td></td>
<td>Virginia - 804 / 786-6613</td>
</tr>
<tr>
<td></td>
<td>Virgin Islands - 340 / 772-1315</td>
</tr>
<tr>
<td></td>
<td>Washington - 360 / 962-5601</td>
</tr>
<tr>
<td></td>
<td>Wyoming - 307 / 777-7786</td>
</tr>
</tbody>
</table>

*Public Sector only
Have questions?

If you need help in filling out the Log or Summary, or if you have questions about whether a case is recordable, contact us. We’ll be happy to help you. You can:

▼ Visit us online at: www.osha.gov

▼ Call your regional or state plan office. You’ll find the phone number listed inside this cover.