



Medical attention administered immediately after the injury

OSHA (The Occupational Health and Safety Administration), for the purpose of recordkeeping, defines first aid as “medical attention that is usually administered immediately after the injury occurs and at the location where it occurred. It often consists of a one-time, short-term treatment and requires little technology or training to administer. Generally, a recordable injury or illness under OSHA is one that requires medical treatment beyond first aid, as well as one that causes death, days away from work, restricted work or transfer to another job, or loss of consciousness. Time spent at the initial doctor visit for observation or diagnostics to determine if an injury or illness is present is not considered medical treatment beyond first aid. According to OSHA, “a significant injury or illness diagnosed by a physician or other licensed health care professional, even if it does not result in death, days away from work, restricted work or job transfer, medical treatment beyond first-aid, or loss of consciousness,” also must be recorded.

First aid treatments include the following:

- ▶ Using a nonprescription medication at nonprescription strength. (For medications available in both prescription and nonprescription form, a recommendation by a physician or other licensed health care professional to use a nonprescription medication at prescription strength is considered medical treatment for record-keeping purposes.)
- ▶ Administering tetanus immunizations. (Other immunizations, such as Hepatitis B vaccine or rabies vaccine, are considered medical treatment.)
- ▶ Cleaning, flushing or soaking wounds on the surface of the skin.

What is First Aid?

- ▶ Using wound coverings such as bandages, Band-Aids™, gauze pads, or using butterfly bandages or Steri-Strips™. (Other wound closing devices such as sutures and staples are considered medical treatment.)
- ▶ Using hot or cold therapy.
- ▶ Using any nonrigid means of support, such as elastic bandages, wraps or nonrigid back belts. (Devices with rigid stays or other systems designed to immobilize parts of the body are considered medical treatment for record-keeping purposes.)
- ▶ Using temporary immobilization devices while transporting an accident victim (e.g., splints, slings, neck collars, back boards).
- ▶ Drilling of a fingernail or toenail to relieve pressure, or draining fluid from a blister.
- ▶ Using eye patches.
- ▶ Removing foreign bodies from the eye using only irrigation or a cotton swab.
- ▶ Removing splinters or foreign material from areas other than the eye by irrigation, tweezers, cotton swabs or other simple means.
- ▶ Using finger guards.
- ▶ Using massages. (Physical therapy or chiropractic treatment is considered medical treatment for record-keeping purposes.)
- ▶ Drinking fluids for relief of heat stress.

Q: If an employee is working one-handed while healing from an injury and doing his or her regular job, is it OSHA-recordable?

A: Yes. It is still a restriction and it would be a recordable condition.

Q: Are vaccines recordable when they are used preventatively following an incident?

A: Immunizations or inoculations, except tetanus immunizations that are classified as first aid, are medical treatment when given as a precautionary measure in response to a workplace exposure, injury or illness.

Q: Is it recordable medical treatment when a certified athletic trainer or other medical professional recommends stretching or exercise?

A: When a medical professional recommends specific stretches or an exercise regimen for an employee with signs or symptoms of a work-related injury, it is considered recordable medical treatment. General recommendations on stretching or exercise to help improve fitness and prevent injury does not need to be recorded.

The OSHA regulations on recordable injuries and illnesses are listed in [29 CFR 1904.8 through 1904.12](#).

The MedStat workability form is designed to help companies determine if an incident is recordable. Our goal is to help you to keep reportables low while providing optimal care to your employees. You can assist us by sending a copy of your employee job description with them for their first visit. We are also available for tours of your workplace, which allow us to see the employee's job tasks firsthand. For more information on OSHA reportables or questions on our worker's comp services, please contact **Anne Cuahuizo at 574-372-3895**.

Business Networking Luncheon:

Thurs., Feb. 21 • 12pm – 1pm

The Hall at Oakwood Park

(Behind Gulf Stream Coach)

753 South Oakland Avenue, Nappanee

Dr. Scott Ehmen, MD will be speaking on common work comp injuries, treatments, and prevention. Employers will learn safety measures that can be used in the workplace and what to expect when injuries occur. This is also a great opportunity to connect with other area businesses.

FREE • Seating is limited • Lunch provided

Reserve your spot by Fri., Feb 8
by emailing acuahuizo@kch.com.

www.medstatonline.com

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