

OSHA’s Form 300 (Rev. 04/2004)

Log of Work-Related Injuries and Illnesses

Note: You can type input into this form and save it.
Because the forms in this recordkeeping package are “fillable/writable” PDF documents, you can type into the input form fields and then save your inputs using the [free Adobe PDF Reader](#). In addition, the forms are programmed to auto-calculate as appropriate.

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.

Please 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.
- Significant work-related injuries and illnesses that are diagnosed by a physician or licensed health care professional.
- Work-related injuries and illnesses that meet any of the specific recording criteria listed in 29 CFR Part 1904.8 through 1904.12.

Reminders:

- 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.
- Feel free to use two lines for a single case if you need to.
- Complete the 5 steps for each case.

Establishment name

CityState

Form approved OMB no. 1218-0176

Step 1. Identify the person

| (A) Case no. | (B) Employee’s name | (C) Job title (e.g., Welder) | (D) Date of injury or onset of illness (e.g., 2/10) | (E) Where the event occurred (e.g., Loading dock north end) | (F) Describe injury or illness, parts of body affected, and object/substance that directly injured or made person ill (e.g., Second degree burns on right forearm from acetylene torch) |
|------------------|------------------------|------------------------------------|---|---|--|
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Step 2. Describe the case

Step 3. Classify the case

SELECT ONLY ONE circle based on the most serious outcome:

| Remained at Work | | | |
|------------------|----------------------------|------------------------------------|--------------------------------|
| Death (G) | Days away from work (H) | Job transfer or restriction (I) | Other record-able cases (J) |
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Step 4.

Enter the number of days the injured or ill worker was:

| Away from work (K) | On job transfer or restriction (L) |
|-----------------------|---------------------------------------|
| <div>_____ days</div> | <div>_____ days</div> |
| <div>_____ days</div> | <div>_____ days</div> |
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| <div>_____ days</div> | <div>_____ days</div> |
| <div>_____ days</div> | <div>_____ days</div> |

Step 5.

Select one column:

| (M) Injury (1) | Illness | | | | |
|----------------------|----------------------|------------------------------|------------------|---------------------|----------------------------|
| | Skin disorder (2) | Respiratory condition (3) | Poisoning (4) | Hearing loss (5) | All other illnesses (6) |
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Summary of Work-Related Injuries and Illnesses

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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.

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 |
| | | | |
| (G) | (H) | (I) | (J) |

Number of Days

| | |
|-------------------------------------|---|
| Total number of days away from work | Total number of days of job transfer or restriction |
| | |
| (K) | (L) |

Injury and Illness Types

| | |
|----------------------------|-------------------------|
| Total number of . . . (M) | |
| (1) Injuries | (4) Poisonings |
| (2) Skin disorders | (5) Hearing loss |
| (3) Respiratory conditions | (6) All other illnesses |

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 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-3644, 200 Constitution Avenue, NW, Washington, DC 20210. Do not send the completed forms to this office.

Establishment information

Your establishment name

Street

CityStateZip

Industry description (e.g., Manufacture of motor truck trailers)

North American Industrial Classification (NAICS), if known (e.g., 336212)

Employment information (If you don't have these figures, see the Worksheet on the next page to estimate.)

Annual average number of employees

Total hours worked by all employees last year

Sign here

Knowingly falsifying this document may result in a fine.

I certify that I have examined this document and that to the best of my knowledge the entries are true, accurate, and complete.

Company executive

Phone

Title

Date

OSHA’s Form 301 (Rev. 04/2004)

Injury and Illness Incident Report

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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 the printout or insert additional form pages in the PDF, and then use as many as you need.

Information about the employee

1) Full name

2) Street

CityStateZIP

3) Date of birth

MonthDayYear

4) Date hired

MonthDayYear

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

CityStateZIP

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

MonthDayYear

12) Time employee began work (HH:MM) ☐ AM ☐ PM

13) Time of event (HH:MM) ☐ AM ☐ PM ☐ Check if time cannot be determined

*** Re fields 14 to 17:** Please do not include any personally identifiable information (PII) pertaining to worker(s) involved in the incident (e.g., no names, phone numbers, or Social Security numbers).

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. *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

MonthDayYear

Add a Form Page

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