

# TURNER – OSHA Definitions

## 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 (for medications available in both prescription and non-prescription form, a recommendation by a physician or other licensed health care professional to use a non-prescription medication at prescription strength is considered medical treatment for Recordkeeping purposes)*

\*Administering tetanus immunizations

\*Cleaning, flushing, or soaking wounds on the skin surface

\*Using wound coverings, such as bandages, BandAids, gauze pads, etc or using SteriStrips 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

## What is Medical Treatment?

Medical treatment includes managing and caring for a patient for the purpose of combating disease or disorder such as:

- Prescriptions
- Suturing
- Physical Therapy
- Removal of Embedded Object in Eye

The following are not considered medical treatments and are NOT recordable:

\*Visit to a doctor or health care professional solely for observation or counseling

\*Diagnostic procedures, including administering prescription medications that are used solely for diagnostic purposes (such as eye drops to dilate pupils)

\*Any procedure that can be labeled first aid

## How do you decide if the case involves Restricted Work?

Restricted work occurs when, as the result of a work-related injury or illness, an employer or health care 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 independently in columns K & L on the OSHA 300 Log.

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.

**Incurring a Medical Bill alone does not necessarily make an Incident Recordable.**  
**See Above Tables for further clarification.**