OSHA's Form 300

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,

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.



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

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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 1904.12. Feel free to	Establishment name			
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.	City	State		

Identify the person			Describe the case				Classify the case						
(A) Case	(B) Employee's name	(C) (D) Job title Date of inju (e.g., Welder) or onset of illness	(D) Date of injury	where the event occurred (e.g., Loading dock north end)	3 / /1 /	Using these four categories, check ONLY the most serious result for each case:				Enter the num days the injur- ill worker was	ed or	Check the "Injury" column or choose one type of illness:	
no.						Death	Days away	Job transfer or restriction	Other recordable cases	transfer f or restriction	way rom vork	(Injury Musculoskeletal disorder Skin disorder Respiratory Condition Poisoning Hearing loss All other	
			/			(G)	(H)	(1)	(J)		` '	(1) (2) (3) (4) (5) (6) (7)	
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					Page totals								

Be sure to transfer these totals to the Summary page (Form 300A) before you post it.

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Public reporting burden for this collection of information is estimated to average 14 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, Room N-3644, 200 Constitution Avenue, NW, Washington, DC 20210. Do not send the completed forms to this office.