OSHA's Form 300 (Rev. 01/2004)

Log of Work-Related Injuries and Illnesses

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

Establishment name

Form approved OMB no. 1218-0176

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 1904.12. 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.

Identify the person			Describe the case				ify the ca					ļ.			
(A) Case no.	(B) Employee's name	(C) Job title (e.g., Welder)	(D) Date of injury or onset of illness	(E) Where the event occurred (e.g., Loading dock north end)		CHECK ONLY ONE box for each case based on the most serious outcome for that case:				Enter the number of days the injured or ill worker was:		Check the "Injury" column or choose one type of illness:			
							Remained at Work			Away On job	(M) = 5	ory n	ρ̈́υ	loss	
						Death		Job transfer or restriction		Away from work	transfer or restriction	Injury	Respirate	Poisonin	Hearing MI other
						(G)	(H)	(I)	(J)	(K)	(L)	(1) (2	2) (3)	(4)	(5) (6)
			/							days		ПГ	1 0	П	пг
			month/day											_	
			month/day			. •				days	days				
			/							days	s days	ПГ	1 П	П	
			month/day												
			month/day			. •				days	s days				
			/							days	s days				
			month/day							,	,				
			/ month/day			_ 🗖				days	s days				
			/			_ 🔲				days	s days				
			month/day							1					
			month/day			_ 🗖			_	days	s days				
			/			_ 🔲				days	s days				
			month/day							dar	dorra				
			month/day			- 🗖			_	uays	s days		J		
			/			- 🔲				days	s days				
			month/day							days	dorra		, ,		
			month/day			- 🗖			_	uays	s days				
			/			- 🔲				days	s days				
			month/day		Page totals										
					Popuro to transfer t							- ry		— su	ss

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

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