Dear Employer:

This booklet includes the forms needed for maintaining occupational injury and illness records. Many but not all employers must complete the OSHA injury and illness recordkeeping forms on an ongoing basis. Employers in State Plan States should check with their State Plan to see if the exemptions below apply.

Employers with 10 or fewer employees throughout the previous calendar year do not need to complete these forms. In addition to the small employer exemption, there is an exemption for establishments classified in certain industries. A complete list of exempt industries can be found on the OSHA web page at https://www.osha.gov/recordkeeping.

Establishments normally exempt from keeping the OSHA forms must complete the forms if they are informed in writing to do so by the Bureau of Labor Statistics or OSHA.

All employers, including those partially exempted by reason of company size or industry classification, must report to OSHA any workplace incident that results in a fatality, in-patient hospitalization, amputation, or loss of an eye. You can report to OSHA by calling OSHA's free and confidential number at 1-800-321-OSHA (6742); calling your closest Area Office during normal business hours; or by using the online reporting form at https://www.osha.gov/pls/ser/serform.html.

Starting in 2017, many employers will be required to electronically submit their injuries and illnesses records to OSHA. To see if your establishment is required to submit the information, visit https://www.osha.gov/recordkeeping/finalrule/.

The Occupational Safety and Health Administration shares with you the goal of preventing injuries and illnesses in our nation's workplaces. Accurate injury and illness records will help us achieve that goal.

Occupational Safety and Health Administration
U.S. Department of Labor
The Log of Work-Related Injuries and Illnesses (Form 300) is used to classify work-related injuries and illnesses and to note the extent and severity of each case. When an incident occurs, use the Log to record specific details about what happened and how it happened. The Summary — a separate form (Form 300A) — shows the totals for the year in each category. At the end of the year, post the Summary in a visible location so that your employees are aware of the injuries and illnesses occurring in their workplace.

Employers must keep a Log for each establishment or site. If you have more than one establishment, you must keep a separate Log for each physical location that is expected to be in operation for one year or longer.

Note that your employees have the right to review their injury and illness records. For more information, see 29 Code of Federal Regulations Part 1904.35, Employee Involvement.

Cases listed on the Log of Work-Related Injuries and Illnesses are not necessarily eligible for workers’ compensation or other insurance benefits. Listing a case on the Log does not mean that the employer or worker was at fault or that an OSHA standard was violated.

**When is an injury or illness considered work-related?**

An injury or illness is considered work-related if an event or exposure in the work environment caused or contributed to the condition or significantly aggravated a preexisting condition. Work-relatedness is presumed for injuries and illnesses resulting from events or exposures occurring in the workplace, unless an exception specifically applies. See 29 CFR Part 1904.5(b)(2) for the exceptions. The work environment includes the establishment and other locations where one or more employees are working or are present as a condition of their employment. See 29 CFR Part 1904.5(b)(1).

**Which work-related injuries and illnesses should you record?**

Record those work-related injuries and illnesses that result in:

- T death,
- T loss of consciousness,
- T days away from work,
- T restricted work activity or job transfer, or
- T medical treatment beyond first aid.

You must also record work-related injuries and illnesses that are significant (as defined below) or meet any of the additional criteria listed below.

You must record any significant work-related injury or illness that is diagnosed by a physician or other licensed health care professional. You must record any work-related case involving cancer, chronic irreversible disease, a fractured or cracked bone, or a punctured eardrum. See 29 CFR 1904.7.

**What are the additional criteria?**

You must record the following conditions when they are work-related:

- T any needlestick injury or cut from a sharps object that is contaminated with another person’s blood or other potentially infectious material;
- T any case requiring an employee to be medically removed under the requirements of an OSHA health standard;
- T tuberculosis infection as evidenced by a positive skin test or diagnosis by a physician or other licensed health care professional after exposure to a known case of active tuberculosis;
- T an employee's hearing test (audiogram) reveals 1) the employee has experienced a Standard Threshold Shift (STS) in hearing in one or both ears (averaged at 2000, 3000, and 4000 Hz) and 2) the employee's total hearing level is 25 decibels (dB) or more above audiometric zero (also averaged at 2000, 3000, and 4000 Hz) in the same ear(s) as the STS.

**What is medical treatment?**

Medical treatment includes managing and caring for a patient for the purpose of combating disease or disorder. The following are not considered medical treatments and are NOT recordable:

- T visits to a doctor or health care professional solely for observation or counseling;

**How to work with the Log**

1. Identify the employee involved unless it is a privacy concern case as described below.
2. Identify when and where the case occurred. Also describe the case, as specifically as you can.
3. Classify the seriousness of the case by recording the most serious outcome associated with the case, with column G (Death) being the most serious and column J (Other recordable cases) being the least serious.
4. Enter the number of days the injured or ill worker was away from work or was on job transfer or restricted work activity.
5. Identify whether the case is an injury or illness. If the case is an injury, check the injury category. If the case is an illness, check the appropriate illness category.
What is first aid?

If the incident required only the following types of treatment, consider it first aid. Do NOT record the incident and the general severity of the injury or illness, but you do not need to include details of an intimate or private nature.

How do you decide if the case involved restricted work?

Restricted work activity 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. 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.

Under what circumstances should you NOT enter the employee’s name on the OSHA Form 300?

You must consider the following types of injuries or illnesses to be privacy concern cases:

- an injury or illness to an intimate body part or to the reproductive system,
- an injury or illness resulting from a sexual assault,
- a mental illness,
- a case of HIV infection, hepatitis, or tuberculosis,
- a needlestick injury or cut from a sharp object that is contaminated with blood or other potentially infectious material (see 29 CFR Part 1904.8 for definition), and
- other illnesses, if the employee independently and voluntarily requests that his or her name not be entered on the log.

You must not enter the employee’s name on OSHA 300 Log for these cases. Instead, enter “privacy case” in the space normally used for the employee’s name. You must keep a separate, confidential list of the case numbers and employee names for the establishment’s privacy concern cases so that you can update the cases and provide information to the government if asked to do so.

If you have a reasonable basis to believe that information describing the privacy concern case may be personally identifiable even though the employee’s name has been omitted, you may use discretion in describing the injury or illness on both the OSHA 300 and 301 forms. You must enter enough information to identify the cause of the incident and the general severity of the injury or illness.
Classifying illnesses

Skin diseases or disorders
Skin diseases or disorders are illnesses involving the worker’s skin that are caused by work exposure to chemicals, plants, or other substances.

Examples: Contact dermatitis, eczema, or rash caused by primary irritants and sensitizers or poisonous plants; oil acne; friction blisters, chrome ulcers; inflammation of the skin.

Respiratory conditions
Respiratory conditions are illnesses associated with breathing hazardous biological agents, chemicals, dust, gases, vapors, or fumes at work.

Examples: Silicosis, asbestosis, pneumonitis, pharyngitis, rhinitis or acute congestion; farmer’s lung, beryllium disease, tuberculosis, occupational asthma, reactive airways dysfunction syndrome (RADS), chronic obstructive pulmonary disease (COPD), hypersensitivity pneumonitis, toxic inhalation injury, such as metal fume fever, chronic obstructive bronchitis, and other pneumoconioses.

Poisoning
Poisoning includes disorders evidenced by abnormal concentrations of toxic substances in blood, other tissues, other bodily fluids, or the breath that are caused by the ingestion or absorption of toxic substances into the body.

Examples: Poisoning by lead, mercury, cadmium, arsenic, or other metals; poisoning by carbon monoxide, hydrogen sulfide, or other gases; poisoning by benzene, benzol, carbon tetrachloride, or other organic solvents; poisoning by insecticide sprays, such as parathion or lead arsenate; poisoning by other chemicals, such as formaldehyde.

Hearing Loss
Noise-induced hearing loss is defined for recordkeeping purposes as a change in hearing threshold relative to the baseline audiogram of an average of 10 dB or more in either ear at 2000, 3000 and 4000 hertz, and the employee’s total hearing level is 25 decibels (dB) or more above audiometric zero (also averaged at 2000, 3000, and 4000 hertz) in the same ear(s).

All other illnesses
All other occupational illnesses.

Examples: Heatstroke, sunstroke, heat exhaustion, heat stress and other effects of environmental heat; freezing, frostbite, and other effects of exposure to low temperatures; decompression sickness; effects of ionizing radiation (isotopes, x-rays, radium); effects of nonionizing radiation (welding flash, ultra-violet rays, lasers); anthrax; bloodborne pathogenic diseases, such as AIDS, HIV, hepatitis B or hepatitis C; brucellosis; malignant or benign tumors; histoplasmosis; coccidioidomycosis.

When must you post the Summary?
You must post the Summary only — not the Log — by February 1 of the year following the year covered by the form and keep it posted until April 30 of that year.

How long must you keep the Log and Summary on file?
You must keep the Log and Summary for 5 years following the year to which they pertain.

Do you have to send these forms to OSHA at the end of the year?
Starting in 2017, many employers will be required to electronically submit their injuries and illnesses records to OSHA. To see if your establishment is required to submit the information, visit https://www.osha.gov/recordkeeping/finalrule/.

How can we help you?
If you have a question about how to fill out the Log, visit us online at www.osha.gov or call your local OSHA office.
Calculating Injury and Illness Incidence Rates

What is an incidence rate?
An incidence rate is the number of recordable injuries and illnesses occurring among a given number of full-time workers (usually 100 full-time workers) over a given period of time (usually one year). To evaluate your firm’s injury and illness experience over time or to compare your firm’s experience with that of your industry as a whole, you need to compute your incidence rate. Because a specific number of workers and a specific period of time are involved, these rates can help you identify problems in your workplace and/or progress you may have made in preventing work-related injuries and illnesses.

How do you calculate an incidence rate?
You can compute an occupational injury and illness incidence rate for all recordable cases or for cases that involved days away from work for your firm quickly and easily. The formula requires that you follow instructions in paragraph (a) below for the total recordable cases or those in paragraph (b) for cases that involved days away from work, and for both rates the instructions in paragraph (c).

(a) To find out the total number of recordable injuries and illnesses that occurred during the year, count the number of line entries on your OSHA Form 300, or refer to the OSHA Form 300A and sum the entries for columns (G), (H), (I), and (J).

(b) To find out the number of injuries and illnesses that involved days away from work, count the number of line entries on your OSHA Form 300A that received a check mark in column (H), or refer to the entry for column (H) on the OSHA Form 300A.

(c) The number of hours all employees actually worked during the year. Refer to OSHA Form 300A and optional worksheet to calculate this number.

You can compute the incidence rate for all recordable cases of injuries and illnesses using the following formula:

\[
\text{Total number of injuries and illnesses} \times \frac{200,000}{\text{Number of hours worked by all employees}} = \text{Total recordable case rate}
\]

(The 200,000 figure in the formula represents the number of hours 100 employees working 40 hours per week, 50 weeks per year would work, and provides the standard base for calculating incidence rates.)

You can compute the incidence rate for recordable cases involving days away from work, days of restricted work activity or job transfer (DART) using the following formula:

\[
\left(\text{Number of entries in column H} + \text{Number of entries in column I}\right) \times \frac{200,000}{\text{Number of hours worked by all employees}} = \text{DART incidence rate}
\]

You can use the same formula to calculate incidence rates for other variables such as cases involving restricted work activity (column (I) on Form 300A), cases involving skin disorders (column (M-2) on Form 300A), etc. Just substitute the appropriate total for these cases, from Form 300A, into the formula in place of the total number of injuries and illnesses.

What can I compare my incidence rate to?
The Bureau of Labor Statistics (BLS) conducts a survey of occupational injuries and illnesses each year and publishes incidence rate data by various classifications (e.g., by industry, by employer size, etc.). You can obtain these published data at www.bls.gov/iif or by calling a BLS Regional Office.

Worksheet

<table>
<thead>
<tr>
<th>Total number of injuries and illnesses</th>
<th>Number of hours worked by all employees</th>
<th>Total recordable case rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>X 200,000</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number of entries in Column H + Column I</th>
<th>Number of hours worked by all employees</th>
<th>DART incidence rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>X 200,000</td>
<td></td>
</tr>
</tbody>
</table>

Save Input  Reset
How to Fill Out the Log

The Log of Work-Related Injuries and Illnesses is used to classify work-related injuries and illnesses and to note the extent and severity of each case. When an incident occurs, use the Log to record specific details about what happened and how it happened.

If your company has more than one establishment or site, you must keep separate records for each physical location that is expected to remain in operation for one year or longer.

If you need additional copies of the Log, you may photocopy the printout or insert additional form pages in the PDF, and then use as many as you need.

The Summary — a separate form — shows the work-related injury and illness totals for the year in each category. At the end of the year, count the number of incidents in each category and transfer the totals from the Log to the Summary. Then post the Summary in a visible location so that your employees are aware of injuries and illnesses occurring in their workplace.

You don’t post the Log. You post only the Summary at the end of the year.
OSHA’s Form 300 (Rev. 04/2004)

Log of Work-Related Injuries and Illnesses

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.

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)

Step 2. Describe the case

- (G) Remain at work Death 
- (H) Days away from work 
- (I) Job transfer or restriction 
- (J) Other recordable cases

Step 3. Classify the case

SELECT ONLY ONE circle based on the most serious outcome:

- (K) Are away from work 
- (L) On job transfer 

Step 4. Enter the number of days the injured or ill worker was:

- (M)__ days 
- (N)__ days 
- (O)__ days 
- (P)__ days 
- (Q)__ days 
- (R)__ days 
- (S)__ days 
- (T)__ days 
- (U)__ days 
- (V)__ days 
- (W)__ days 
- (X)__ days 
- (Y)__ days 
- (Z)__ days 

Step 5. Select one column:

- (I) Illness
- (O) Acute
- (C) Bacterial
- (S) Allergic
- (B) Cancer
- (U) Occupational
- (D) Dermatological
- (E) Eye
- (F) Head
- (A) Musculoskeletal
- (G) Other and unspecified
- (J) Poisoning
- (L) Reproductive
- (M) Skin disorder
- (P) Other

Page totals

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

Add a Form Page
OSHA’s Form 300A (Rev. 04/2004)

Summary of Work-Related Injuries and Illnesses

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**

<table>
<thead>
<tr>
<th>Total number of deaths</th>
<th>(G)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total number of cases with days away from work</th>
<th>(H)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total number of cases with job transfer or restriction</th>
<th>(I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total number of other recordable cases</th>
<th>(J)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

**Number of Days**

<table>
<thead>
<tr>
<th>Total number of days away from work</th>
<th>(K)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total number of days of job transfer or restriction</th>
<th>(L)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

**Injury and Illness Types**

<table>
<thead>
<tr>
<th>Total number of . . .</th>
</tr>
</thead>
<tbody>
<tr>
<td>(M)</td>
</tr>
<tr>
<td>(1) Injuries</td>
</tr>
<tr>
<td>(2) Skin disorders</td>
</tr>
<tr>
<td>(3) Respiratory conditions</td>
</tr>
<tr>
<td>(4) Poisonings</td>
</tr>
<tr>
<td>(5) Hearing loss</td>
</tr>
<tr>
<td>(6) All other illnesses</td>
</tr>
</tbody>
</table>

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.

Save Input
**Worksheet to Help You Fill Out the Summary**

At the end of the year, OSHA requires you to enter the average number of employees and the total hours worked by your employees on the summary. If you don’t have these figures, you can use the information on this page to estimate the numbers you will need to enter on the Summary page at the end of the year.

**How to figure the average number of employees who worked for your establishment during the year:**

1. **Add** the total number of employees your establishment paid in all pay periods during the year. Include all employees: full-time, part-time, temporary, seasonal, salaried, and hourly.
   - The number of employees paid in all pay periods = ____________

2. **Count** the number of pay periods your establishment had during the year. Be sure to include any pay periods when you had no employees.
   - The number of pay periods during the year = ____________

3. **Divide** the number of employees by the number of pay periods.
   - ____________ = ____________

4. **Round the answer** to the next highest whole number. Write the rounded number in the blank marked Annual average number of employees.
   - ____________

For example, Acme Construction figured its average employment this way:

In this pay period . . . Acme paid this many employees . . .

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>24</th>
<th>25</th>
<th>26</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>0</td>
<td>15</td>
<td>30</td>
<td>40</td>
<td>20</td>
<td>15</td>
<td>10</td>
</tr>
<tr>
<td>Number of employees paid = 830</td>
<td>Number of pay periods = 26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>830 = 31.92</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31.92 rounds to 32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32 is the annual average number of employees</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**How to figure the total hours worked by all employees:**

Include hours worked by salaried, hourly, part-time and seasonal workers, as well as hours worked by other workers subject to day to day supervision by your establishment (e.g., temporary help services workers).

Do not include vacation, sick leave, holidays, or any other non-work time, even if employees were paid for it. If your establishment keeps records of only the hours paid or if you have employees who are not paid by the hour, please estimate the hours that the employees actually worked.

If this number isn’t available, you can use this optional worksheet to estimate it.

**Optional Worksheet**

Find the number of full-time employees in your establishment for the year.

Multiply by the number of work hours for a full-time employee in a year.

This is the number of full-time hours worked.

Add the number of any overtime hours as well as the hours worked by other employees (part-time, temporary, seasonal)

Round the answer to the next highest whole number.

Write the rounded number in the blank marked Total hours worked by all employees last year.
OSHA’s Form 301 (Rev. 04/2004)

Injury and Illness Incident Report

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 ________________________________

City __________________ State ______ ZIP _____

3) Date of birth _______ _______ ________

Month Day Year

4) Date hired _______ _______ ________

Month Day Year

5) ☐ Male ☐ Female

Information about the physician or other health care professional

6) Name of physician or other health care professional ____________________________

Facility ____________________________

Street ________________________________

City __________________ State ______ ZIP _____

7) If treatment was given away from the worksite, where was it given?

Facility ____________________________

Street ________________________________

City __________________ State ______ ZIP _____

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

Month Day Year

12) Time employee began work _______ _______ ________

AM ☐ PM ☐

13) Time of event _______ _______ ________

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 boot”; “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

Month Day Year

Public reporting burden for this collection of information is estimated to average 22 minutes per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Persons are not required to respond to the collection of information unless it displays a current valid OMB control number. If you have any comments about this estimate or any other aspects of this data collection, including suggestions for reducing this burden, 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.
If You Need Help...

If you need help deciding whether a case is recordable, or if you have questions about the information in this package, feel free to contact us. We’ll gladly answer any questions you have.

† Visit us online at www.osha.gov

† Call your OSHA Regional office and ask for the recordkeeping coordinator

or

† Call your State Plan office

<table>
<thead>
<tr>
<th>Federal Jurisdiction</th>
<th>State Plan States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region 1 - 617 / 565-9860 Connecticut; Massachusetts; Maine; New Hampshire; Rhode Island</td>
<td>Alaska - 907 / 269-4957 Oregon - 503 / 378-3272</td>
</tr>
<tr>
<td>Region 2 - 212 / 337-2378 New York; New Jersey</td>
<td>Arizona - 602 / 542-5795 Puerto Rico - 787 / 754-2172</td>
</tr>
<tr>
<td>Region 3 - 215 / 861-4900 DC; Delaware; Pennsylvania; West Virginia</td>
<td>California - 415 / 703-5100 South Carolina - 803 / 734-9669</td>
</tr>
<tr>
<td>Region 4 - 678 / 237-0400 Alabama; Florida; Georgia; Mississippi</td>
<td>*Connecticut - 860 / 566-4380 Tennessee - 615 / 741-2793</td>
</tr>
<tr>
<td>Region 5 - 312 / 353-2220 Illinois; Ohio; Wisconsin</td>
<td>Hawaii - 808 / 586-9100 Utah - 801 / 530-6901</td>
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<td>Region 6 - 972 / 850-4145 Arkansas; Louisiana; Oklahoma; Texas</td>
<td>*Illinois - 217 / 782-6206 Vermont - 802 / 828-2765</td>
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<td>Region 7 - 816 / 283-8745 Kansas; Missouri; Nebraska</td>
<td>Indiana - 317 / 232-2688 Virginia - 804 / 786-6613</td>
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<td>Region 8 - 720 / 264-6550 Colorado; Montana; North Dakota; South Dakota</td>
<td>Iowa - 515 / 281-3661 *Virgin Islands - 340 / 772-1315</td>
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<td>Kentucky - 502 / 564-3070 Washington - 360 / 902-4543</td>
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<td>*New Jersey - 609 / 984-1389 *Public Sector only</td>
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<td>New Mexico - 505 / 827-4230</td>
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<td>*New York - 518 / 457-2574</td>
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<td>North Carolina - 919 / 807-2875</td>
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Have questions?

If you need help in filling out the Log or Summary, or if you have questions about whether a case is recordable, contact us. We’ll be happy to help you. You can:

T Visit us online at: www.osha.gov

T Call your regional or state plan office. You’ll find the phone number listed on the previous page.