

First aid refers to medical attention that can be administered immediately after an injury occurs, and is often a one-time, short-term treatment that requires little technology or training to administer. Injuries that can be treated by first aid are not subject to OSHA's recordkeeping requirements. Even if an injury can be treated with first aid, employers should conduct an incident investigation.

WHAT QUALIFIES AS FIRST AID?

The OSHA Recordkeeping standard lists the following treatments as first aid:

- Non-prescription medications at non-prescription strength
- Cleaning, flushing, soaking or covering wounds (including butterfly bandages, steri-strips, etc.)
- Non-rigid supports, such as elastic bandages, back belts, etc.
- Removing splinters with irrigation, tweezers or cotton swabs
- Removing foreign objects from eyes with irrigation or cotton swabs
- Eye patches
- Drilling finger or toe nails to relieve pressure
- Draining fluid from blisters
- Hot or cold therapy (ice packs, heating pads, etc.)
- Massages (except physical therapy and chiropractic treatment)
- Finger guards
- Fluids for heat stress relief



WHAT IS MEDICAL TREATMENT

"Medical treatment" means the management and care of a patient to combat disease or disorder. For the purposes of Part 1904, medical treatment does not include:

- Visit to a physician or other licensed health care professional solely for observation or counseling
- Diagnostic procedures such as x-rays and blood tests