

WORK-RELATED INJURY

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. 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.



OSHA RECORDABLE

A case is recordable if it involves one or more of the following:

- death
- days away from work
- restricted work
- job transfer
- loss of consciousness
- medical treatment (beyond 1st aid)

FIRST AID

First Aid refers to medical attention that is usually administered immediately after the injury occurs and at the location where it occurred. It often consists of a one-time, short-term treatment and requires little technology or training to administer.



FIRST AID EXAMPLES

First aid can include:

- cleaning minor cuts scrapes, or scratches
- treating a minor burn
- applying bandages and dressings
- non-prescription medicine
- draining blisters
- removing debris from eyes
- massage
- drinking fluids to relieve heat stress



WHAT IF YOU HAVE A WORK-RELATED INJURY

If you experience a work-related injury alert your manager or supervisor immediately. All injuries must be reported regardless of perceived severity. Provide as much information about the incident as possible for inclusion on the **Incident Reporting Form**. Let your manager/supervisor know if you used any First Aid measures following your injury. If you would like to be seen by a medical professional, let your manager/supervisor know.

Contact the **Notre Dame Wellness Center at 574.634.WELL (9355)** to schedule an appointment to be seen.