

**Injury Treatment Guidelines**

**First Aid versus OSHA Recordable Incidents**

The main focus for all employees who are under A&C Urgent Care’s Injury Management Program, as a result of a work related incident is for them to receive the proper and appropriate medical care. Our goal is for each of the company’s we work with to accomplish this, while understanding the impact OSHA recordable incidents can have on they’re company. Proper medical care is always our first priority. Our objective is to form a partnership between you’re company and A&C Urgent Care so that we can explore all viable treatment options that will provide that optimal level of care to the injured employee, while trying to achieve a “First Aid” case versus an OSHA recordable event.

**The main attributes that constitute an OSHA recordable event are:**

* Days away from work (starting the day after the injury)
* Work restriction affecting currently assigned tasks (restricted duties)
* Use of prescription medication or medications at prescription dosages (even a single dose)
* Use of over the counter medications at prescription strength
* Loss of Consciousness
* Sutures / Staples
* Fractured or Broken Bones
* Ridged Braces

**Recommendations of First Aid Care Techniques:**

* 400mg Ibuprofen
* Tylenol (Acetaminophen)
* Aleve
* Bacitracin
* Neosporin
* Butterfly Bandages
* Flushing and/or application of cold compress for 1st Degree Burns
* Liquid Bandages (Derma Bond surgical glue is recordable – try to avoid)
* The utilization of non-ridged braces
  + Neoprene Sleeves
  + Laced or Velcro Braces
  + Ace Bandages
  + Air Casts
* Removal of debris from eye using a Q-Tip, Spatula or Irrigation
* Use of Eye Patch
* Drilling of a nail to relieve pressure
* Draining and/or opening of a blister
* Removal of Debris (using tweezers or equivalent)
* Cleaning, flushing or soaking of wounds
* Usage of a whirlpool to clean a wound
* Ice or Heat

**Note:** Use of an immobilization apparatus during transportation still constitutes First Aid Care

* Oral Fluids
* Tetanus or Booster Shot