



March 2010

First Aid or Recordable: New OSHA guidelines

Some workers' compensation injuries are of such a minor nature that the law permits the employer to treat or refer for treatment of these injuries and pay for them privately rather than through the workers' compensation insurance carrier. These injuries are known as First Aid and are not recordable injuries per OSHA guidelines and no claims file needs to be made up for them. All other injuries are considered Medical Treatment, which are recordable for OSHA guidelines and for which claims files are made up.

“Because of the benefits employers derive from classifying injuries as first aid, it is necessary to understand which injuries can be so classified and when they must be reported to the insurer and to OSHA. This list of first aid treatments if comprehensive, i.e., any treatment not included on this list is not considered first aid for OSHA record keeping purposes. OSHA considers the listed treatments to be first aid regardless of the professional qualifications of the person providing the treatment; even when a physician, nurse, or other health care professional provides these treatments, they are considered first aid for record keeping purposes.”

New Rules under 194.07

Note: MT = Medical Treatment FA = First Aid

- **1 does of prescription medication now MT (Old rule: 2 doses MT)**
- **OTC med at prescription strength now MT (Old rule any dosage FA)**
- **Any number of hot/cold treatments now FA - (Old rule 2 or more treatments MT)**
- **Drilling a nail now FA - (Old rule MT)**
- **Butterfly bandage/Steri-Strip now FA - (Old rule MT)**

For a comprehensive “first aid” list from OSHA see reverse.

Please join us in congratulating Sheila Gerken and Nicole Bantz on being quarterly recipients of the Care Counts Award!

Sheila was recently nominated by a patient for Excellence. The patient writes: “She was excellent in her care, pleasant to visit with during the uncomfortable treatments and always a professional. She does her job well with a smile always on her face and a positive outlook. Thanks!” The patient had a positive outcome and says she is “completely healed,” thanks to her treatments with Sheila.

Nicole Bantz has been honored as a CARE Counts recipient for her efforts to ensure that a PCI patient was seen in a timely manner so that surgery could be performed. PCI specifically brought Nicole's efforts to our attention.

Upcoming Events

H1N1 On-Site Flu Clinics Available

Call Natalie Kracht at 319-266-3842 ext. 302 for more information.

2010 Training for Drug Free Workplaces

2 Hour Initial Training Wednesday, April 7, 2010

Time: 8am - 10am
Cost: \$34/person

1 Hour Annual Update Thursday, April 8, 2010

Time: 8am - 9am
Cost: \$22/person
Location: Medical Class Staffroom,
Gerard Hall, Allen College

For more information contact:

Tara Wait at waittr@ihs.org
or call 319-235-5043

To Register:

Visit www.allenocchealth.com
and click on the link of the lower right
hand corner of the screen.

Spring Employment Law & Work Comp Seminar

Class is FULL - Please email Natalie at krachtna@ihs.org to be put on a cancellation list.

Tuesday, March 30, 2010

Location: McBride Auditorium, Gerard
Hall, Allen College

Times: 8am - 1pm

- Is Your HR Documentation Up to Par? Presented by JR Schemmel, Iowa Wage and Hour, Iowa Department of Labor
- How To Document an Accident Investigation Using Adaptive Design and A3's. Presented by Denise Shult & Tara Wait, R.N., Allen Memorial Hospital
- Monthly SHRM Luncheon to follow.

Visit www.allenocchealth.com
for more information.

Comprehensive list considered to be “First Aid” from OSHA (OSHA 1904.7 (b)(5)(ii))

- Using a non-prescription medication at non-prescription strength (for medications available in both prescription and non-prescription form, a recommendation by a physician or other licensed health care professional to use a non-prescription medication at prescription strength is considered medical treatment for record keeping purposes).
- Administering tetanus immunizations (other immunizations, such as hepatitis B vaccine or rabies vaccine, are considered medical treatment).
- Cleaning, flushing, or soaking wounds on the surface of the skin;
- Using wound coverings, such as bandages, Band-Aids, gauze pads, etc.; or using butterfly bandages or Steri-Strips (other wound closing devices, such as sutures, staples, etc. are considered medical treatment);
- Using hot or cold therapy;
- Using any non-rigid means of support, such as elastic bandages, wraps, non-rigid back belts, etc. (devices with rigid stays or other systems designed to immobilize parts of the body are considered medical treatment for record keeping purposes);
- Using temporary immobilization devices while transporting an accident victim (e.g. splints, slings, neck collars back boards, etc.)
- Drilling of a fingernail or toenail to relieve pressure, or draining fluid from a blister;
- Using eye patches;
- Removing foreign bodies from the eye using only irrigation or a cotton swab;
- Removing splinters or foreign material from areas other than the eye by irrigation, tweezers, cotton swabs, or other simple means;
- Using finger guards;
- Using massages (physical therapy or chiropractic treatment are considered medical treatment for record keeping purposes);
- Drinking fluids for relief of heat stress.

(b)(5)(iii): Are any other procedures included in First Aid? No, this is a complete list of all treatments considered first aid for Part 1904 purposes.”

“(b)(5)(v): If a physician or other licensed health care professional recommends medical treatment, you should encourage the injured or ill employee to follow that recommendation. However, you must record the case even if the injured or ill employee does not follow the physician or other health care professional’s recommendation.”

New order bans texting while driving

In October, President Obama signed an Executive Order that bans texting while driving by more than 4.5 million federal employees, including military personnel. The administration also plans to ban texting while driving by bus drivers and truckers who cross state lines, and federal employees using government issued phones, even while driving their own vehicles.

Eighteen states have also made texting while driving illegal and many more have legislation pending on the issue. Some high profile businesses including UPS and Fed-Ex already prohibit their drivers from texting while their vehicles are in motion, even in states where no legislation is in place.

Supporting the legislation is a stack of statistics that is growing almost as fast as general cell phone use that shows driving, texting and talking on cell phones can be a deadly combination. Cell phone use contributes to more than 6% of all crashes each year, resulting in 2,600 deaths and 342,000 injuries according to a study completed by the Harvard Center of Risk Analysis.