



First Aid Guidelines

The following table outlines the key characteristics of a First Aid claim versus a non-First Aid claim in the State of California, which most likely will result in a recordable claim:

First Aid:

1. Returned to work on regular duty no later than the next business day.
2. First-degree burns.
3. Compresses (hot or cold) by a doctor or nurse on first visit.
4. Bandaging (including elastic or Durabond) by a doctor on first visit
5. Foreign bodies, not embedded (includes irrigation of eye OR removal from wound by tweezers or other simple techniques)
6. Use of non-prescription medications OR administration of a single dose of prescription medication on the first visit (recommended when feasible)
7. Antiseptics applied by a doctor or nurse on first visit
8. Ointments applied to abrasions
9. A negative X-ray
10. Observation of injury on second visit
11. Tetanus shots, initial or boosters
12. Home exercises
13. Splints without a metal stay

Non-First Aid:

1. Second or third-degree burns
2. Whirlpool treatment on any visit or soaking hot or cold, on second or subsequent visit
3. Sutures
4. Foreign bodies; if removal from wound requires a physician because of depth of embedment, size or shape of object(s) or location of wound
5. Prescription medications beyond a single dose used or prescribed
6. Antiseptics applied by a doctor or a nurse on second or subsequent visit
7. Cutting away dead skin (surgical debridement)
8. A positive X-ray
9. Treatment for infection
10. More than 2 visits
11. Returned to work on modified duty
12. Need for Physical Therapy, Acupuncture or Chiropractic care
13. Splints with a metal stay