

NJOSH 300 LOG OF WORK-RELATED INJURIES & ILLNESSES

One of the most common citations given by New Jersey PEOSH is failure to maintain or have available the NJOSH 300 Log. The [Log of Work-Related Injuries and Illnesses \(NJOSH-300\)](#) is a listing of work-related injuries and illnesses that is maintained throughout the year. Injuries and illnesses must be entered into the *NJOSH-300 Log* within 7 days of being notified of the injury/illness. When an incident occurs, use the NJOSH 300 Log to record specific details about what happened and how it happened.

Five years of NJOSH-300 Logs must be readily available to NJPEOSH inspectors.

New Jersey PEOSH provides the following resources to assist in maintaining the NJOSH 300 Log:

- [Instructions on How to Fill Out the NJOSH 300 Log](#)
- [A Sample NJOSH 300 Log](#)
- [NJOSH 300 Log \(PDF\)](#)

Guidance for determining if an injury or illness is work-related is provided by [OSHA Standard 1904.5](#).