



**Safety and Rescue Training**  
for high-hazard work activities

**Confined Space  
Fall Protection  
Excavation  
Forklift**

## Excavation Safety

### Awareness Training

Given the inherent danger of working in trenches and excavations, everyone involved needs to be able to identify common hazards.

This two-hour course is designed to both provide students with a basic understanding of these hazards along with the OSHA rules and best practices used to manage these hazards.

One area of focus is ensuring the students can recognize signs of soil distress and have a means of quickly exiting the excavation.

In addition, this course can also be used to provide refresher training for competent persons.

### Course Objectives

*Upon completing this program, you should be able to:*

- Identify the hazards associated with excavations.
- List the ways in which these hazards are managed.
- Identify signs of soil distress.
- Describe the limitations and proper use of sloping, shoring, and shielding.
- Respond properly in the event of an emergency.



Our programs reflect:

**ANSI/ASSE Z490.1** *Criteria for Accepted Practices in Safety, Health, and Environmental Training*

### Course Outline

#### Excavation Safety Basics (15 min.)

- Accident Statistics
- Common Hazards

#### Characteristics of Safe Excavations (30 min.)

- OSHA requirements for locates, material handling, access/egress, water intrusion, fall protection, inspections, and hazardous atmospheres.

#### Soil Mechanics and Classification (30 min.)

- Lateral Earth Pressure
- Surcharge Loads
- Type A, B and C Soils
- Signs of Distress

#### Protective Systems (30 min.)

- Sloping and Benching
- Shoring and Shields
- Selecting Protective Systems

#### Emergency Planning (15 min.)

- Emergency Action Plan
- Rescue Risks and Process

