

Competent Person Course Outline

Introduction (10 minutes)

- what we will be covering
- expectations for the class

Section 1 (one hour)

- Competent Person duties and general requirements if you are the assigned competent person
- Competent Person Inspection on jobsite
- Definition of trench and excavation as well as general requirements for trench safety
- Protective System options – Introduction to your different shoring options
- 3 main soil types

Section 2 (one hour)

- Hazards specific to excavation work
- Surface encumbrances found on a job site
- Support of utility poles near excavation
- Underground utilities and location standards
- Access and egress from a trench according to OSHA Standards
- Proper removal of damaged equipment
- Staying safe while exposed to traffic while working next to roadways
- Overhead danger exposures
- Anticipating surcharge loads
- Staying safe and regulations while working in areas where Hazardous atmospheres could be present such as manholes, trenches and sewers. OSHA standards
- How to properly remove accumulating water where you are working caused by broken pipe or rain.
- Soil piles and set back regulations
- Fall protection above open excavation
- OSHA Compliant ramps bridges and guardrails
- Steel plates. how to properly cover trench or excavation with steel plates and the tab data associated with plates. specifically when vehicular traffic is traveling over them.

Section 3 (one hour)

- Different shoring options for excavation work
- When is no shoring system required
- Sloping and benching – OSHA Standards using Subpart P
- Shoring and Shielding options – Trench box manhole can etc..
- Improper loading of equipment next to trench and excavations
- Manufacture tab data in detail
- Site specific and none site specific plans designed by a registered engineer
- Proper use of hydraulic shoring
- Variance in manufactures tab data

- Proper pulling procedures of shoring
- Evaluation of shoring equipment as well as sloped and benched excavations

Section 4 (40 Minutes)

- Soil types
- How to properly classify your soils at each job.
- Why might soil types change throughout the day?
- Changing conditions
- What properties soils are made up of and how these materials will change the consistency of soils (Sand,Silt,Clay)
- Different methods for testing and classifying your soils according to OSHA standards
- Detailed analysis of Type A Type B and Type C soils
- How to classify your soils using manual and visual test
- Hazards to look for in soils around an open excavation or exposed pipe

Buried Truth Video (45 Minutes)

- Eric Giguere giving is story on what it was like being buried in and excavation due to the fact they were working unsafe and taking short cuts and how it not only affected his life but his co workers and his loved ones.

Test (20 minutes)

- 25 question multiple choice test giving to group

Closing statements

- Answer questions
- Hand out competent person cards for taking class
- Hand out business cards