

**SAFETY
TRAINING**

Excavation Safety > Basic Skills

Cave-ins are one of the leading causes of deaths and injuries on construction sites. This course can help ensure the safety of anyone who works in or around excavations.

This one-day program is designed to build the skills of individuals who work in or around excavations. This includes competent persons or others who have safety responsibilities at the site.

It covers the latest industry practices and regulatory requirements.

Course Outline

Excavation Basics

- General Safety Requirements
- Introduction to the Excavation Standards

Basic Soil Mechanics

- Anatomy of a Collapse
- Collapse Indicators
- Factors That Contribute To Cave-ins



Soil Classification

- Cohesion and Friction
- Type A, B and C Soils
- Testing Soils

Protective Systems

- Sloping and Benching
- Timber Shoring
- Aluminum Hydraulic Shoring
- Selection of Protective Systems

Excavation Safety Planning

- Liabilities/Responsibilities
- Written Program Elements
- Water Accumulation Hazards

Emergency Planning

- Rescue Procedure
- Pre-planning