



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

**Confined Space  
Fall Protection  
Excavation  
Forklift**

## Excavation Safety > Competent Person

### BASIC SKILLS

Cave-ins and other excavation hazards 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 by ensuring that the competent person has the skills and knowledge needed to identify hazards and take corrective action.

The exact skills and knowledge needed depend on the type of excavation activity being performed. This program reviews a wide range of common excavation types and looks at the hazards associated with each. The students also spend time reviewing excavation safety plans that can be adapted to the needs of their organizations.

This one-day course covers the latest industry practices and regulatory requirements.

### Course Objectives

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

- Identify different types of cave-ins.
- Recognize factors that cause cave-ins.
- Test and classify soils.
- Determine proper protection systems for the soil and conditions.
- Identify hazards that affect the safety of employees or the public.
- Describe the elements of an excavation safety program.
- Complete a Competent Person routine safety inspection.
- Comply with OSHA excavation regulations.



Our programs reflect:

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

### Course Outline

#### Excavation Basics

- General Safety Requirements
- Introduction to the Excavation Standards

#### Soil Mechanics

- Collapse Indicators and Types
- Factors That Contribute To Cave-ins

#### Soil Classification

- Type A, B and C Soils
- Testing and Classifying Soils

#### Protective Systems

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

#### Excavation Safety Planning

- Liabilities/Responsibilities
- Written Program Elements
- Water and Atmospheric Hazards

#### Emergency Planning

