

# **TRENCH SUPPORT AND SAFE WORKING IN EXCAVATIONS**

## **Introduction**

This course has been designed for the delegates who require an overview of trench support techniques, particularly where they are to work (for the purpose of inspection and repair to apparatus) in excavations not opened up by themselves.

## **Objectives**

At the end of the course, delegates will:

- Demonstrate an understanding of the safety regulations associated with excavations
- Demonstrate an understanding of the variances in rock and soil formations
- Demonstrate an ability to assess the risk prior to entering an excavation
- Demonstrate an ability to understand the principles of open and close boarded shoring techniques
- Demonstrate an ability to select and use the correct tools and equipment for open and close boarded shoring
- Demonstrate an ability to implement emergency procedures in the event of an accident
- Demonstrate an ability to observe safe working practices at all times

## **Training Methods**

Lectures and demonstrations providing a practical insight into the methods of trench support. This will include use of lectures, pre-course and project work, videos and practical demonstration and practice.

## **Safety Equipment**

Delegates must bring with them personal protective equipment suitable for carrying out trench support exercises and clothing suitable for working outside.

## **Course duration – 1 day**

**(CITB Grant Approved)**