

# ***Safe Support for Excavations***



## **The Aim of the Course is to:**

Provide the candidates with the knowledge and practical skills involved in the safe support of excavations.

## **The Objectives of the Course are to enable delegates to:**

- Learn the various methods of safe support to excavations using traditional and proprietary systems.
- Overcome site condition problems
- Erect trench sheets or timbers
- Backfill and consolidate

## **Who Do We Recommend Attends The Course?**

All personnel who could be involved in the placement of supports for excavations.

## **Course Summary**

Candidates will participate in theory lessons and practical demonstrations / exercises:

- Provision and Use of Work Equipment Regulations
- Lifting Operations and Lifting Equipment Regulations
- Health and Safety at Work Act 1974
- Other current relevant regulations
- Overcome problems caused by ground conditions and services
- Strike supports with due regard to safety
- Consolidation and backfilling
- Safe working practices
- Identification of hazards associated with excavations
- Effects of weathering
- Recognition of rock and soil structures
- Hand or mechanical means of excavation
- Erection of trench sheets or timbers to shallow or medium depth trenches using pinchers and close sheeting methods

## **Course Duration**

1 - 4 days depending on requirement of the customer.

## **Certification**

Sibbald Attendance Certificate

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