



Excavation & Trenching Safety

Outline 4 Hour Training Class



Why Excavation Safety Matters

There is no excuse for a worker to be injured or killed in a cave-in. Excavation hazards are preventable when worksites are inspected properly and protective systems are used correctly.

OSHA Inspection Requirements

OSHA regulation 1926.651 requires a competent person to inspect excavations, adjacent areas, and protective systems each day for conditions that could create hazards, including:

- Possible cave-ins
- Signs that protective systems may fail
- Hazardous atmospheres
- Other unsafe conditions

These inspections must be completed before work begins and repeated as needed throughout the shift.

Purpose of This Class

This class provides the knowledge needed to understand and meet these OSHA excavation safety requirements.

Excavation & Trenching Safety Training Outline

1. Introduction

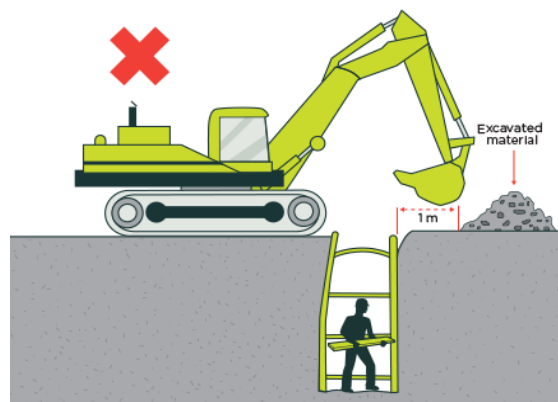
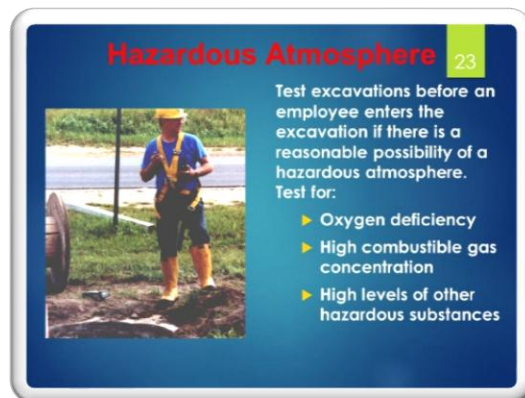
1. Purpose of training
2. Importance of excavation safety
3. Overview of legal requirements (e.g., OSHA 29 CFR 1926 Subpart P)

2. Definitions & Key Concepts

1. Excavation vs. trench
2. Competent person definition and role
3. Soil classification types (Stable Rock, Type A, B, C)

3. Common Hazards

1. Cave-ins and collapses
2. Falling loads and equipment hazards
3. Hazardous atmospheres (oxygen deficiency, toxic gases)
4. Water accumulation and flooding risks
5. Underground utilities and strike hazards





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4. Protective Systems

1. Sloping and benching methods
2. Shoring systems (hydraulic, timber, aluminum)
3. Shielding (trench boxes)
4. Selection criteria for protective systems

5. Pre-Work Planning

1. Site assessment and hazard identification
2. Utility location and marking
3. Weather considerations
4. Emergency response planning

6. Safe Work Practices

1. Access and egress requirements (ladders, ramps)
2. Keeping spoil piles and equipment away from edges
3. Daily inspections by a competent person
4. Communication and signaling protocols



Date: Thursday, July 23, 2026, from 8:00 am to 12:00 pm

Place: RGV-AGC, 6918 W. Expressway 83, Harlingen, Texas 78552 AGC

Member: _____ \$0/per participant

Non-member: _____ \$75/per participant

*** Please fill out and email form to: laura@rgvagc.org by Tuesday, July 21, 2026 ***

Company: _____

Contact # _____

Email address: _____