

OSHA 3010 - Excavation, Trenching, and Soil Mechanics



Where: Chesapeake Region Safety Council
17 Governor's Court Baltimore MD 21244
1-800-875-4770

When: August 4-6, 2010
8:00 am to 4:00 pm

This course focuses on OSHA standards and on the safety aspects of excavation and trenching. Students are introduced to practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations. Various types of shoring (wood timbers and hydraulic) are covered. Testing methods are demonstrated and a one-day field exercise is conducted.

Class Topics Include:



Class Price:
\$695

Includes:

Lunches, refreshments and student materials!

A trainer certificate will be issued by the Chesapeake Region Safety Council upon successful completion of this course.

**Subpart P Definitions
The Role of a Competent Person**

- Why Competent Person is Important
- Competent Person responsibilities
- Competent Person interview forms

**Subpart P OSHA Regulation
Soil Classifications**

- How to perform a soil analysis
- Types of soil, i.e stable rock A,B,C
- Types of soil tests, i.e plasticity, dry strength, thumb penetration, drying test and other strength tests.

**Subpart P OSHA Regulation
General Requirements**

- Surface encumbrances
- Underground installations
- Access vehicular traffic
- Fall loads
- Warning system
- Equipment hazardous atmospheres
- Water accumulation
- Adjacent structures
- Inspection and fall protection

**Subpart P OSHA Regulation
Shoring Systems**

- Protection of employees
- Design of sloping and benching
- Design of support system
- Design of timber shoring
- Aluminum hydraulic shoring
- Alternative systems
- Trench box systems



Registration Form:

OSHA 3010 - August 4 - 6, 2010 - Baltimore, MD

Name(s): _____

Company: _____ Email: _____

Address: _____ City, State, Zip _____

Phone #: _____ Fax #: _____

4849

Indicate Payment Method:

Check Enclosed Please Invoice Visa Mastercard American Express Discover

Card # _____ CID # _____ Exp. Date: _____ Name on Card: _____

You can mail this form to:

Mid-Atlantic OSHA Training Institute Education Center, ECRI Institute - 5200 Butler Pike, Plymouth Meeting, PA 19462

Call to register: 1-877-700-6212 **Register online** at www.oshamidatlantic.org **Make checks payable to:** ECRI Institute