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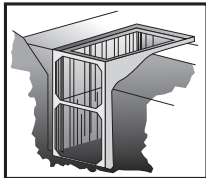
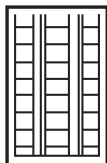
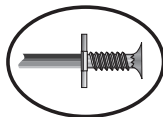


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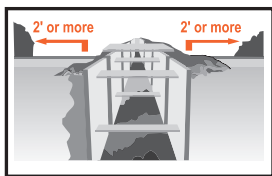
Working Safely in Trenches

Two workers are killed every month in trench collapses. Each worker in a trench shall be protected from a cave-in by an adequate protective system. Some of the protective systems for trenches are:

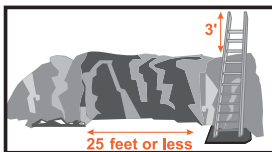
- Sloped for stability; or
- Cut to create stepped benched grades (Type A or B soil only); or
- Supported by a system made with materials such as posts, beams, shores or planking and hydraulic jacks; or
- Shielded by a trench box to protect workers in a trench.



Excavated or other materials and equipment must be at least 2 feet back from the edge of a trench; and



A safe way to exit must be provided within 25 feet of workers in a trench.



A competent person must inspect trenches daily and when conditions change. An unprotected trench is an early grave. Do not enter an unprotected trench.

For more information:



U.S. Department of Labor

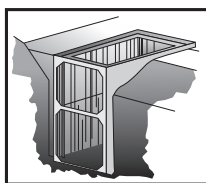
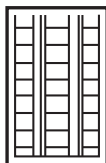
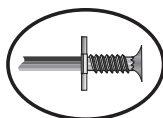
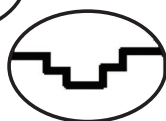
www.osha.gov (800) 321-OSHA (6742)

TTY (887) 889-5627

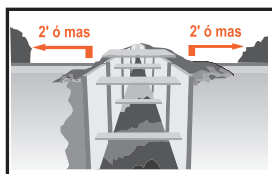
Trabajando de forma segura en zanjas

Dos trabajadores mueren cada mes en derrumbes de zanjas. Se utilizará un sistema adecuado para proteger a cada trabajador en una zanja de los derrumbes. Algunos de los sistemas de protección en zanjas son:

- Inclinación para lograr estabilidad, o
- Corte en forma de gradientes escalonados (sólo para el suelo del tipo A o B), o
- Soporte por un sistema hecho con materiales como postes, vigas, puntales o entarimado y gatos hidráulicos, o
- Resguardo en una caja de trinchera para proteger a los trabajadores en la zanja.



Los materiales excavados o de otro tipo y los equipos deben estar por lo menos a 2 pies hacia atrás del borde de la zanja.



Se deberá ofrecer una vía segura de salida dentro de 25 pies de los trabajadores en una zanja.



Una persona competente debe inspeccionar las zanjas a diario y cuando las condiciones cambien. Una zanja sin protección es una tumba. No entre a una zanja que no está protegida.

Para más información: