

Course covers all of the following topics:

- Course is OSHA-compliant
- Intro to OSHA Inspections & Citations
- Case Studies of Fatalities in SC
- Definitions in Standard
- SC OSHA's definition of "Competent Person"
- Competent Person student exercise
- Underground Installations
- Stability of Adjacent Structures Access & Egress
- Exposure to Vehicular Traffic
- Surface Encumbrances
- Exposure to Falling Loads
- Warning System for Mobile Equipment
- Hazards Associated with Water Accumulation
- Protection of Employees from Loose Rock and Soil
- Inspections
- Fall Protection
- Hazardous Atmospheres
- Barricades and Traffic Hazards
- Soil Mechanics-Type A, B, & C Soil
- Soil Analysis with Hands-on Soil Testing with Pocket Penetrometer
- Protective Systems-Sloping, Trench Boxes, Hydraulic Shoring - Use, Advantages & Disadvantages of Each
- Calculating Sloping Distances for Each Type of Soil
- Rescue
- Student Quiz-Pre and Post

SC OSHA Requires the Competent Person to be:

- *Capable of identifying existing & predictable hazards*
- *Working conditions which are unsanitary, hazardous, or dangerous to employees*
- *Authorized to take prompt corrective measures to eliminate hazards*
- *To Be a Competent Person in South Carolina, one must have had specific training in, and be knowledgeable about....*
- **SOIL ANALYSIS**
- **THE USE OF PROTECTIVE SYSTEMS**
- **THE REQUIREMENTS OF THIS STANDARD (1926.650 THROUGH .652**

This is a One Day Training Program and can be delivered at your site or through Regional Training Classes

- The Training class is 7 & ½ hours and can be delivered at your site for groups of 15 or more or you may attend a class in your area. Class maximum is 30 students.
- Soil samples and manual soil test pocket penetrometers are provided.
- Course meets S.C. OSHA's requirements of Trenching & Excavation Competent Person.

What the Student Receives

- Each student receives a student workbook that contains a copy of the OSHA Trench Standard, copy of the handout PowerPoint presentation, fatality case studies, and a course completion pocket card qualifying him as a "Competent Person."

Get Started with Safety NOW- Download an OSHA Trench Inspection Form

- Visit our webpage at www.frosttraining.com and click the link to download an OSHA Trench Inspection form and start using this to help your safety program today!



Contact Us for a Price Quote

- Contact us for a price quote at:
- O) 803-359-0765 Cell) 803-609-3494
- Email at: frosttraining@gmail.com

Retraining, Refresher, and Other Training Classes & OSHA-Compliant Written Programs are Offered

- Frost Training & Consulting, LLC offers retraining and refresher classes for those looking to update their qualifications as a "Competent Person."
- Other OSHA training classes such as Permit-required confined space Entrant and Attendant training, General Industry 10 hour classes, among others are also offered. See our web page for a complete list of classes we can deliver at your site.
- OSHA-compliant Written Programs are also offered that are based on your site-specific needs, not just generic programs copied from others that don't help you or meet OSHA requirements.

About Us

Frost Training & Consulting, LLC was formed in April, 2006 by Billy Frost, who retired from S.C. OSHA as an OSHA Trainer, and is located in Lexington, S.C. Frost Training & Consulting primarily works with city and county government employers and has extensive experience with helping them meet their safety needs.

Some of our Clients Include:

- Municipal Association of S.C.
- S.C. Association of Counties
- S.C. Rural Water Association
- City of Aiken
- City of Columbia
- Horry County
- City of Myrtle Beach
- Anderson County
- City of Anderson
- City of Georgetown
- City of Charleston

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TRENCHING & EXCAVATION COMPETENT PERSON TRAINING

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Trenches Kill!



DID YOU KNOW OSHA REQUIRES?

- Employers who work in or around trenches to train all employees and have a trained “competent person” on site and in charge of the trench?
- The Competent Person to classify the Type of Soil before selecting the type of protective system thru a manual test
- An Inspection to be conducted by the Competent Person of the trench?
- OSHA requires a protective system to be used for trenches 5 feet or deeper and less than 5 feet if a potential for collapse exists?
- Sloping can't be used in most situations due to the amount of space it requires?
- Sloping isn't allowed for trenches that contain water?
- The Trench Standard does not allow for benching in Type C Soil?
- SC OSHA has classified Trenching as a Program of Special Emphasis and is increasing Enforcement efforts?