



**Title:** Trench Support – Medium Trenches – to 4.0 Metres – TSP 4M

**Duration:** 2 days

**Participants:** 8 persons

**Description:** To provide an understanding of the dangers, legislation, current requirements and techniques and equipment necessary to establish a safe working environment within excavations below, and up to 4 metres deep along with an understanding of system design for differing ground conditions.

**Objective:** Know the risks and hazards associated with working below ground and give an understanding of the different systems available for trench support, the installation techniques and limitations of each system to 2m and 4m.

**Content:**

- Legislation relevant to working in excavations and current guidelines
- Major causes of excavation failure
- Solutions to prevent excavation failure
- Planning of work in/near excavations
- Location of services before excavation and safe construction of trenching systems around them
- Types of support systems available including trench sheets, box systems, mechanical and hydraulic strut systems and guard rail, and identifying the correct method of support for specific ground conditions, and limitations of differing systems
- Practical solutions to operational problems regarding ground support systems
- Understanding shallow/medium trench support systems in a range of conditions using timber, trench sheeting and hydraulic trench shoring
- Safety requirements needed for supporting excavations
- Inspections and documentation to be undertaken of ground support systems, prior and in use
- Practical sessions in the planning/construction of support systems

**Method:** Presentation / Workshop / Practical Sessions

**Pre-requisites:** PPE, Outdoor Clothing

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