

# Practice Trench Safety. It Saves Lives.



**Trench collapses cause fatalities and injuries.**

**It only takes a second for a trench to collapse. Take the following precautions to protect workers in trenches.**

Keep rocks, soil, materials and equipment **away** from the edge of the trench.

**Check** with the competent person **before entering a trench:**

- With standing or accumulating water.
- Where there may be a lack of oxygen or hazardous fumes or vapors.

Never enter a trench that has not been properly inspected. **A competent person** must inspect the trench and fix problems before work begins.

Only work in trenches that have **cave-in protection**. Trenches should be shielded/boxed, shored or sloped. Wear your hard hat.

Make sure there is a safe way to enter and exit the trench, such as a ladder, ramp or steps.

A trench doesn't have to be very deep to be dangerous. **A cubic yard of dirt** equals the weight of a mid-sized car -- **it will crush you!**

