**Safe Work Practice**

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| Name of Job:  **Excavating and Trenching** | Development Date:  **March 29th, 2011** | Developed By:  **CSNS** |

**Possible Hazards Present**

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| --- | --- | --- | --- |
| Pain or injury from physical overexertion | Exposure to rock dust. | Working in [extreme temperatures](http://www.ccohs.ca/oshanswers/phys_agents/hot_cold.html) and [UV radiation](http://www.ccohs.ca/oshanswers/phys_agents/ultravioletradiation.html). | Working with [hand tools](http://www.ccohs.ca/oshanswers/safety_haz/hand_tools/), [powered tools](http://www.ccohs.ca/oshanswers/safety_haz/power_tools/) and heavy powered equipment |
| Use of various machinery and tools. | Risk of eye injury from flying particles. | Working in trenches | Use of various machinery and tools. |

**Personal Protective Equipment (PPE) and Devices Recommended**

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| Hearing Protection | Eye Protection | Foot protection | Fall Arrest Equipment |
| Respirator Equipment | Skin Protection | Hearing Protection |  |

**What are some good general safe work practices?**

* **DO** ensure that prior to commencement of any excavation that all underground and/or overhead lines have been identified, exposed and well marked/flagged.
* **DO** ensure that traffic near roads or busy access ways is under control.
* **DO** use traffic controllers/flaggers.
* **DO** set up barricades.
* **DO** provide ladders in immediate area for access/egress of trenches, excavations.
* **DO** ensure that here the cut back method is not possible, provide timber shoring, trench jacks, sheet piling, cage or other approved method.