



## Trench Rescue - 5 Day Course (40 hrs)

### Course Description:

The Trench Rescue Operations and Technician program is focused on equipping rescuers with the KSAs to mitigate a trench rescue incident safely and within OSHA and NFPA guidelines. The class will cover the following topics to allow for a safe rescue operation: OSHA standards and requirements, Lumber and Pneumatic shoring, Sheeting Placement, Backfilling, Hazard Mitigation, and Patient extrication. The class will also cover many advanced topics such as Intersecting trenches and advanced heavy lifting. The class consists of 1 day of classroom in which the student will learn about soil types, types of collapses, equipment needed to work safely in a trench and will go over recent case studies of trench rescues and recoveries. The remainder of the week will be spent as a team effecting multiple simulated rescues in very real environments. Every student will have hands-on time and will literally get their hands dirty in this class.

### Prerequisites:

The student should be ready to work below grade in a live trench. Student should be prepared to lift and move heavy panels and shoring lumber. The student should have the proper PPE: Hard hat, Safety Glasses, gloves and steel toed boots. Student should dress for the weather and be prepared to get dirty.

### Main Topics Covered:

- Soil Characteristics
- Straight Trenches
- Supplemental Sheeting
- Excavation Principals
- Intersecting Trenches (L, T, Y)
- Vac Trucks and Air Knives

### Course Options:

This course can be split into Operations and Technician levels if so desired by the host agency. The use of vac trucks and air knives is dependent on host agency resources. The followup to this course is the **Advanced Trench Workshop**.