

Laborers Landscape and Irrigation Fitters

Trench Plate Protection Syllabus

Time: 8 hours

Maximum Class Size: 12

Prerequisites: Traffic Control Safety & Flagging

Course Description: Working safely and efficiently is the primary focus of the Trench Plate Protection course. This course reviews the step-by-step basics of Trench Plate Protection with safety, protection and access the primary topics. Participants will learn to identify the tools and materials needed for safe installation of trench plates. Participants will receive hands-on training in the lay-out, rigging, placement, centering, and leveling of the trench plates.

Goals/Objectives/Student Learning Outcomes

- Identify all Personal Protective Equipment required for this scope of work.
- Identify and describe all tools and materials needed for scope of work.
- Describe the OSHA and Cal/OSHA requirements for Traffic Control on trench related job sites.
- Determine and correctly place the required traffic control devices and properly place them.
- Demonstrate all hand signals necessary for safely communicating with the operator.
- Layout positioning of trench plates.
- Accurately mark future location of trench plates.
- Rig trench plates using eye hooks and chains.
- Guide the Tag Line to prevent trench plate from unintended movements.
- Secure the trench plates using steel stakes.
- Center and level trench plate using wedges or spacers if necessary.
- Use hand tools and cold pack material to secure and ramp up trench plate.
- Use hand tools to fill holes and cold pack material to patch and repair surrounding area.

Standards

- OSHA 29 CFR Part 1926.600, 602 (a) Subpart O-Materials Handling, Motor Vehicles & Mechanized Equipment

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- OSHA 29 CFR Part 1926.1000 Subpart O-Rollover Protective Structures; Overhead Protection
- OSHA 29 CFR Part 1926 Subpart P-Excavations
- Cal/OSHA Subchapter 4, Article 10- Haulage & Earth Moving Equipment (ss1590-1596)
- Cal/OSHA Subchapter 4, Article 11 –Vehicles, Traffic Control, Flaggers, Barricades, and Warning Signs for Public Streets and Highways ss1597-1599

Classroom Rules and Procedures

- All classes begin at 6:30 am and end at 3:00 pm
- Upon entering classroom, all participants must sign in and be seated by 6:30 am
- Class will consist of a combination of lecture, video, demonstration, coached group exercises, individual exercises and assessment.
- Students are required to report to class ready to work and maintain the provided PPE

Textbooks/Readings/Materials

- Trench Plate Protection PowerPoint
- Paper for Note Taking
- Handouts: Main Points of Trench Plate Protection,
- Trench Plates Sizes, Hand Signals, Trench Failure, Trench Plate Detail, Street Plate Rental, Plate Bridging
- *LIUNA Subpart P: Trench and Excavation Safety IG/PG*

Tools/Equipment/Other Materials

- Trench Plates
- Eye Hooks
- Chains
- AC Cold Patch or Mix
- Steel Rods, Spikes
- Marking Paint
- Hand Tools for scope of work

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Personal Protective Equipment

- 12 pairs of gloves
- 12 pairs of safety glasses
- 20 pairs of earplugs
- 12 hard hats

Course Requirements

To receive credit for the course, participants must:

- Be present for full eight hours
- Participate in all classroom exercises
- Pass a hands-on exam

Course Policies

- Participants must be on-time and ready to work.
- Participants must return from breaks on-time.
- Participants must participate in each exercise and assignment
- Participants who are on “light duty” are not allowed to take this course due to the physically demanding requirements.

Assessment and Grading

Participants will be assessed on the following:

- All hands-on exercises are graded on performance and participation. They are pass/fail and must be passed with a score of 80% or above.

Safety

Failure to maintain and use PPE may result in dismissal from the course.