

# Trenching & Shoring Roads Scholar Workshop: 8 Safety hours



Vermont  
Local Roads



Disclaimer: The town acknowledges and accepts that its participating representatives are acting in their scope of employment while attending this workshop.

#### Cancellation Policy

If you need to cancel your registration, please call us since we often have waiting lists for classes. Someone may substitute for you at any time. We will notify registrants if the workshop needs to be cancelled for any reason. If you have any concerns about the weather or other circumstances that may affect the workshop please call 802-828-3537.

Photos/Videos: By registering for this workshop, you understand and agree that VLR will be taking photos and may publish them in any format or media without additional permission from you if you are in the photo.

**2016 workshop series presented by the Vermont Local Roads Program.**

**Sponsored jointly by the Federal Highway Administration and the Agency of Transportation.**



Please register me for the “*Trenching & Shoring!*” workshop:

Name \_\_\_\_\_

Town Address \_\_\_\_\_

Municipality/District/Agency \_\_\_\_\_

Area Code/Phone \_\_\_\_\_

Email \_\_\_\_\_

- Wednesday & Thursday July 27 & 28, 2016 - E Dorset VTrans, 18 Village Street, E Dorset, VT
- Wednesday & Thursday August 3 & 4, 2016 - Hartford Public Works, 173 Airport Road, White River Junction, VT
- Wednesday & Thursday August 10 & 11, 2016 - Shoreham Town Garage, 53 Firehouse Road, Shoreham, VT
- Wednesday & Thursday August 17 & 18, 2016 - Irasburg VTrans, 1122 VT Route 14, Irasburg, VT
- Wednesday & Thursday August 31 & September 1, 2016 - Johnson Town Hall, 293 Lower Main Street, Johnson, VT

Vermont Local Roads Program | VTrans Training Center | 1716 US Route 302 | Berlin, VT 05633-5002

## Instructor

*Rob Gentle* - VTrans Safety & Health Instructor - VTTC

Rob has been teaching safety to Municipal and State AOT agencies for 20 years.

## About

Excavation work is one of the most hazardous types of activities we are involved with. A cave-in can trap you within seconds and kill you within minutes. One cubic yard of soil weighs as much as a vehicle. Our goal is to inform you on how not to dig your own grave.

This “competent” level training focuses on hazard assessment and ways to control excavation cave-ins.



## Agenda

### DAY #1

- 5 S's of Excavation Safety
  - ⇒ **Safety**
  - ⇒ **Soil**
  - ⇒ **Sloping**
  - ⇒ **Shoring**
  - ⇒ **Shielding**

### DAY #2

- Hands-on activities dependent of Day # 1 goals completed.
- A representative from American Shoring will be onsite to participate in our Workshop.

## Things to bring

- Hard hat
- Safety glasses or goggles
- High visibility vest, or T-shirt , etc.
- Steel toed shoes or boots
- Safety gloves
- Bug Repellant/Sunscreen
- Rain Gear
- Ability to learn, by having fun!

## Audience

Competent Level Training for all participants.  
Max 20 students per workshop

## Class Running Time

8:00 - 8:30 am: Registration  
8:30 am: Workshop Begins  
11:30 am - 12:30 pm: Lunch (provided by VLR)  
1:30 pm: Workshop Ends

## Locations

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### **REGISTER ONLINE AT:**

[www.vermontlocalroads.org](http://www.vermontlocalroads.org)

### **MAIL TO:**

**Vermont Local Roads Program  
VTrans Training Center  
1716 US Route 302  
Berlin, VT  
05633-5002**

### **Fax:**

**802-828-1932**

### **Questions please call:**

**802-828-3537 or 802-828-3768**