



Excavation Ground Support Systems Practical Exercises

Description of course

This course is a comprehensive 3 day training package covering common methods of excavation support systems used within the construction industry. The course has been designed to be highly interactive with theory and practical sessions enabling a thorough knowledge / understanding of the requirements of excavation ground support systems to be gained by all those attending.

Aims of the training

The aim of this training is to provide attendee's with the knowledge and practical experience of safe methods of supporting excavations to prevent their collapse along with:

- The major causes of excavation failure.
- Presenting suitable solutions to prevent excavation failure.
- Discussing and offering practical solutions to operational problems regarding ground support systems.

Who should attend

This course will be of benefit to any person who may have to construct / inspect ground support systems or any person who need to gain practical experience of installing excavation support systems.

Course Content

The course includes practical work which involves building a ground support system for an excavation 2m deep and the requirements of excavation support systems including:

- Dangers associated with working in excavations.
- Ground types and the causes of excavation collapse.
- Supporting shallow/medium excavations in a range of ground conditions using timber, trench sheeting and hydraulic trench shoring.
- Inspection of ground support systems in shallow/medium excavations.

Learning outcomes – objectives

The course / training will enable delegates to:

- Identify the main dangers associated with working in unsupported excavations.
- State the types of ground support systems available and identify the correct method of support for specific ground conditions.
- Determine the safety aspects appertaining to supporting excavations.
- Carry out installation / inspection of ground support systems and complete relevant documentation.
- Carry out striking for ground support systems in a safe working manner.

Duration

3 Days