FOCUS ON SAFETY: Prevent “Caught-in” Accidents

Don’t get buried alive.
Cave-ins happen suddenly and with no warning.
Get trained on trench hazards.

Trenches and Excavations
- If the trench is 5 feet or deeper, then it must have proper support. This might include sloping, benching, shoring or shielding.
- Do not enter a trench unless you know it has proper support.
- Before entering a trench, make sure there is a rescue plan.
- A “competent person” must be on site to certify that it is okay to work in a trench before you go in to do the work.

Excavated soil must be at least 2 feet from the edge of the trench.
In trenches 4 feet or deeper, make sure you have a ladder within 25 feet of your work area so you can climb into or out of the trench.
A cubic yard of soil can weigh up to 4,000 pounds—that’s almost the weight of a small pick-up truck. If there is a cave-in, you cannot escape or dig yourself out.

Pinned or Caught-between
- Be aware of your surroundings. Do not get between objects.
- Every job should have a pre-job safety plan. Make sure you know what it is.
- Make sure operators of moving equipment know you are there.
- Get training to recognize hazards.

Lock-out heavy equipment when it is not in use.
Maintain a clear safety zone.

Equipment & Power Tools
- Get training on the proper use and maintenance of tools.
- Inspect equipment before using it.
- Never use defective equipment.
- Never remove machine guards.
- Lock-out or block-out equipment when you service or repair it.

This flyer should be used along with more detailed safety training. While every effort has been made to ensure information is current and accurate, the SBCTC does not assume any liability for errors or omissions.

For more information about caught-in hazards, go to www.sbctc.org

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