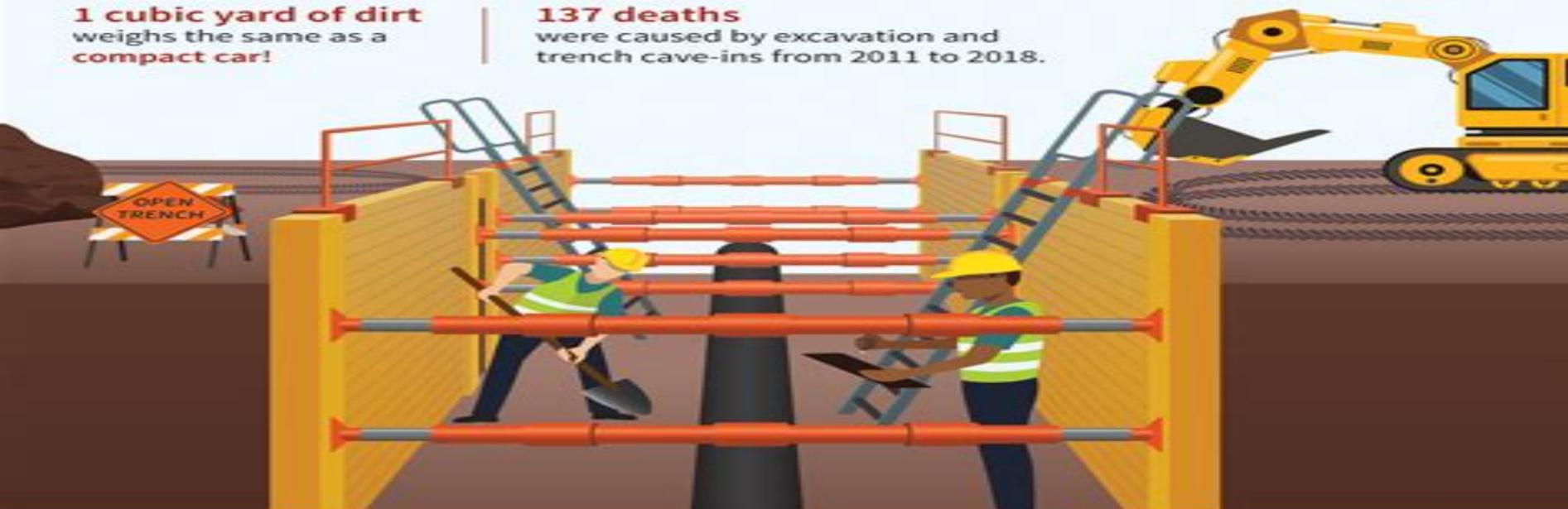


# Trench Safety: Before You Dig It, Plan It!

1 January 2022 |

**1 cubic yard of dirt weighs the same as a compact car!**

**137 deaths** were caused by excavation and trench cave-ins from 2011 to 2018.



## BEFORE YOU DIG IT, PLAN IT!

- Assign and train a competent person.
- Call 811 to identify and mark underground utility lines.
- Dig a minimum 5 ft away from utility lines.
- Evaluate the soil to determine its stability.
- Plan the job layout to identify safe locations for spoil piles and heavy equipment routes.
- Before the job starts, if the trench will be 5 ft or deeper, set up a protective system. If the trench will be 20 ft or deeper, provide engineering protections.
- Have a traffic control plan and lane closure permits.
- Develop a trench emergency action plan.

## WHEN YOU DIG IT, USE CAUTION!

- Have the competent person inspect the trench, nearby areas, and protective systems each day before the start of work, when conditions change throughout the shift, and after every rainstorm.
- Maintain signs, barriers, and protection around the trench.
- Keep all vehicles and machinery a safe distance from the excavation.
- Ensure ladders and exits are never more than 25 ft away from any worker in the trench.
- Remove workers from the excavation upon any evidence that could cause a cave-in.
- Monitor other types of trench-related hazards that can occur, such as falls from the edge, rigging hazards, or toxic and combustible gases, or oxygen deficient conditions.
- Enforce procedures to ensure that work in an unprotected trench does not occur.

## IF YOU WORK IN A TRENCH:

Check the trench for problems before entering and never enter an unprotected trench. Make sure there is safe entry and exit before entering. When there is evidence of problems, exit the trench and inform the competent person. Never assume there will be a warning before a cave-in, or that you will have time to get out.



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# Sailings A Breeze Toolbox Getting Off The Ground

**KJ Lindholm-Leary**



## **Sailings A Breeze Toolbox Getting Off The Ground:**

**The Kayak Express!** Mark Solomon, Gary Solomon, 1997 The Kayak Express is a complete kayaking course for beginners intermediates and those teaching others This author illustrated photo packed 2 color inside 4 color cover 112 page book contains 40 questions and answers for the students to measure learning progress The course teaches and features safety flatwater paddling Eskimo rolling screw rolling transporting the kayaks reading the river scouting the river river safety river paddling and much more The Kayak Express looks feels and is as easy to read as the previous titles in the Getting off the Ground instructional water sport book series paperback 112 pages 5 1 2 x 8 1 2

**Sailing's a Breeze** Mark Solomon, Gary B. Solomon, 1995-09 *Whitaker's Books in Print*, 1998

**On Hummingbird Wings** Lauraine Snelling, 2024-09-24 A busy executive learns to stop and smell the roses with the help of her mother's handsome neighbor in this charming romance But Mother is always dying is Gillian Ormsby's sarcastic response when her younger favored sister tells her that she has to go take care of their hypochondriac mother Begrudgingly Gillian arrives in California to find the garden and yard dead the blinds all drawn and her mother indeed waiting to die But when Gillian talks with the doctor he assures her there's no medical reason behind her mother's state Gillian insists Mother get out of bed eat exercise and hopefully choose to live She also sets about reviving the garden to its former glory enlisting the help of Adam a handsome man who owns a family gardening business with his father Gillian is delighted when a pair of hummingbirds appear and her friendship with Adam grows Soon Mother's health improves and one day she announces she and her friend Enzo are going on a cruise Before Gillian has time to turn around her mother is gone and she is left high and dry again and wondering what is she going to do with the rest of her own life

**Golden Gate** Richard A. Jenni, 2002 Golden Gate is the second installment in the exciting adventures of Danny Malone The author of The Fox brings you more explosive action and riveting romance as Danny takes on the San Francisco mob Set in both California and Mexico this thriller will touch every emotion as Malone fights to protect his family in an unbridled war against organized crime

**Backpacker**, 2001-03 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

**Atlanta**, 2004-05 Atlanta magazine's editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine's editorial mission is to engage our community through provocative writing authoritative reporting and

superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region

## Adopting the Track of Phrase: An Emotional Symphony within **Sailings A Breeze Toolbox Getting Off The Ground**

In a world consumed by displays and the ceaseless chatter of instant conversation, the melodic splendor and psychological symphony developed by the published term usually diminish into the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. However, nestled within the pages of **Sailings A Breeze Toolbox Getting Off The Ground** a marvelous fictional treasure overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that interesting masterpiece conducts readers on a mental trip, well unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving assessment, we will discover the book is main harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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### **Table of Contents Sailings A Breeze Toolbox Getting Off The Ground**

1. Understanding the eBook Sailings A Breeze Toolbox Getting Off The Ground
  - The Rise of Digital Reading Sailings A Breeze Toolbox Getting Off The Ground
  - Advantages of eBooks Over Traditional Books
2. Identifying Sailings A Breeze Toolbox Getting Off The Ground
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sailings A Breeze Toolbox Getting Off The Ground
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sailings A Breeze Toolbox Getting Off The Ground
  - Personalized Recommendations

- Sailings A Breeze Toolbox Getting Off The Ground User Reviews and Ratings
- Sailings A Breeze Toolbox Getting Off The Ground and Bestseller Lists
- 5. Accessing Sailings A Breeze Toolbox Getting Off The Ground Free and Paid eBooks
  - Sailings A Breeze Toolbox Getting Off The Ground Public Domain eBooks
  - Sailings A Breeze Toolbox Getting Off The Ground eBook Subscription Services
  - Sailings A Breeze Toolbox Getting Off The Ground Budget-Friendly Options
- 6. Navigating Sailings A Breeze Toolbox Getting Off The Ground eBook Formats
  - ePub, PDF, MOBI, and More
  - Sailings A Breeze Toolbox Getting Off The Ground Compatibility with Devices
  - Sailings A Breeze Toolbox Getting Off The Ground Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sailings A Breeze Toolbox Getting Off The Ground
  - Highlighting and Note-Taking Sailings A Breeze Toolbox Getting Off The Ground
  - Interactive Elements Sailings A Breeze Toolbox Getting Off The Ground
- 8. Staying Engaged with Sailings A Breeze Toolbox Getting Off The Ground
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sailings A Breeze Toolbox Getting Off The Ground
- 9. Balancing eBooks and Physical Books Sailings A Breeze Toolbox Getting Off The Ground
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sailings A Breeze Toolbox Getting Off The Ground
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Sailings A Breeze Toolbox Getting Off The Ground
  - Setting Reading Goals Sailings A Breeze Toolbox Getting Off The Ground
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sailings A Breeze Toolbox Getting Off The Ground
  - Fact-Checking eBook Content of Sailings A Breeze Toolbox Getting Off The Ground

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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