

ABSTRACT OF THE DISCLOSURE

An earth retaining method includes: a roller installing process of installing rollers (2A, 2B) between earth retaining walls (W1, W2) facing each other in a given region (B1) of an excavated space, the rollers (2A, 2B) guiding supports (3A, 3B) in an excavating direction (X) ; a support installing process of guiding supports (3A, 3B) forward in the excavating direction (X) by the rollers (2A, 2B) and installing the supports (3A, 3B); an earth retaining wall supporting process of supporting the earth retaining walls (W1, W2) which are adjacent to ends of the supports (3A, 3B); and a concrete placing process of placing concrete (5) on the ground of the given region (B1). The processes from the roller installing process to the concrete placing process are repeated toward a front region (B2) in front of the given region (B1) from the given region (B1) in the excavating direction, and the supports (3A, 3B) used in the given region (B1) are used in the support installing process in the front region (B2).