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# How to Follow the 4 Rules of Ladder Safety in Construction?

## Description

**Ladder safety is crucial in the construction industry. The four rules of ladder safety can help prevent accidents and ensure a safe working environment.**

The construction industry, encompassing general and specialized construction activities, is inherently risky due to the nature of the work. This includes the construction of buildings, civil engineering works, and specialized construction activities. One common tool used across all these activities is the ladder, making ladder safety a critical topic.

## 1. Choose the Right Ladder

The first rule is to select the right ladder for the job. Consider the ladder's material, height, and duty rating. For instance, if you're working near electricity, choose a non-conductive fiberglass ladder.

## 2. Inspect the Ladder

Before using a ladder, inspect it for any damage. Look for cracks, loose rungs, or corrosion. A damaged ladder can collapse under weight, leading to serious injuries.

## 3. Set Up the Ladder Correctly

Ensure the ladder is on a stable, level surface. If you're using an extension ladder, follow the 4-to-1 rule: for every four feet of height, move the base one foot away from the wall.

## 4. Use the Ladder Safely

Always maintain three points of contact (two hands and one foot or two feet and one hand) on the ladder. Don't lean or reach while on the ladder, as this can cause it to tip over.

In the construction industry, following these four rules of ladder safety can significantly reduce the risk of accidents and injuries. Whether you're constructing entire dwellings, office buildings, or carrying out civil engineering works such as motorways, streets, bridges, tunnels, railways, airfields, harbours, and other water projects, ladder safety is paramount.

**Remember, safety should always be the top priority in construction. Follow these four rules of ladder safety to ensure a safe and productive work environment. For more information on construction safety, visit our website.**

## CATEGORY

1. Equipment

## POST TAG

1. Accident
2. Construction Sector
3. Dust
4. Injuries
5. Ladder Safety
6. Work at Height Regulations (WAHR) 2005
7. Working at Height

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