RISK ASSESSMENT AND METHOD STATEMENT (RAMS)

Business name

Document: RAMS-001 Rev 1
Prepared: 9 Nov 2026
Review by: 9 Dec 2026
Highest risk after controls: Medium

1. BUSINESS AND JOB DETAILS

Job	Build a deck	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Carpentry

2. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Locate underground services before digging footings	Hitting underground services Rules: HSE HSG47 Avoiding danger from underground services	Workers, Public. How: Digging, drilling or driving pegs hits a buried power cable, gas pipe or water main, causing electrocution, explosion or flooding.	**Very high (15) Possible / Fatal**	1.1 Keep machine buckets well clear of marked services and use a spotter. [Isolate] 1.2 Do a CAT and Genny scan before digging and mark services on the ground. [Control (engineering)] 1.3 Hand dig trial holes to find services before machine digging (safe digging practice). [Control (engineering)] 1.4 Get utility plans before digging and check them against what you see on site. [Control (procedures)] 1.5 Keep plans or locate tickets on site and check them again if the work area grows. [Control (procedures)] 1.6 If you hit a service, stop, get everyone clear, and call the owner and emergency services. [Control (procedures)] 1.7 Wear safety boots, gloves and hi-vis when digging. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Dig and pour footings, guarding open holes	Falling through a floor opening or void Wet concrete and cement burns Lifting and carrying heavy loads Rules: Work at Height Regulations 2005; Manual Handling Operations Regulations 1992	Workers, Visitors. How: A worker steps into an open hole, stairwell, lift shaft or penetration and falls to the level below. Wet concrete, mortar and cement burn skin and eyes. Burns can be deep and are often not felt until later.	**Very high (15) Possible / Fatal**	2.1 Cover every hole and penetration with a fixed, secured cover marked "HOLE" or "DANGER". [Isolate] 2.2 Put guardrails with toe boards around stairwells, lift shafts, voids and open edges. [Isolate] 2.3 Install stairs early and fit temporary handrails as soon as they go in. [Control (engineering)] 2.4 Never remove a cover or guardrail without approval. Put it back straight away. [Control (procedures)] 2.5 Inspect covers and barriers daily and after other trades have been through. [Control (procedures)] 2.6 Use long-handled tools and pumps to cut down contact. [Control (engineering)] 2.7 Wash concrete off skin straight away with clean water. [Control (procedures)] 2.8 Have clean water and eye wash where concrete or mortar is mixed and used. [Control (procedures)] 2.9 Do a COSHH assessment for cement, lime and mortar, and check hands regularly for early signs of dermatitis. [Control	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					(procedures)] 2.10 Wear waterproof gloves, long sleeves and waterproof boots with trousers worn over the top. [PPE] 2.11 Wear safety glasses or goggles to stop splashes. [PPE] 2.12 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 2.13 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 2.14 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 2.15 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 2.16 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)]		
3	Cut treated timber with dust control and wash hands before eating	Saw cuts and kickback Wood and MDF dust Hazardous chemicals Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER); COSHH Regulations 2002	Workers, People nearby, Occupants. How: Circular saws, drop saws and table saws cut fingers and hands or throw material back at the user. Sawing and sanding timber, MDF and treated wood makes fine dust that causes asthma, skin problems and some cancers.	**High (12) Possible / Major injury**	3.1 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 3.2 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 3.3 Use a sharp, undamaged blade made for the material. [Control (procedures)] 3.4 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 3.5 Let the blade stop fully before reaching in or putting the saw down. [Control (procedures)] 3.6 Buy pre-cut or pre-finished timber where you can. [Reduce / substitute] 3.7 Cut outdoors or in a well-ventilated area away from others. [Isolate] 3.8 Use saws and sanders with dust extraction connected to an M-class (or better) vacuum. [Control (engineering)] 3.9 Clean up with a vacuum, not a broom or compressed air. [Control (procedures)] 3.10 Do a COSHH assessment for hardwood and MDF dust. [Control (procedures)] 3.11 Wear an FFP3 dust mask for cutting and sanding. [PPE] 3.12 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 3.13 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 3.14 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 3.15 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 3.16 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
4	Build bearers and joists, using edge protection if the deck is high	Falling from height Lifting and carrying heavy loads Structural collapse during alterations Rules: Work at Height Regulations 2005; Manual Handling Operations Regulations 1992; CDM Regulations 2015, regulation 19 (stability of structures)	Workers, People below, Occupants. How: A worker falls from any height where a fall could cause injury, such as an edge, platform or opening. Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**Very high (20) Likely / Fatal**	4.1 Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. [Eliminate] 4.2 Install guardrails or edge protection on all open edges before work starts. [Isolate] 4.3 Use a scaffold, mobile tower or MEWP instead of working off a ladder. [Control (engineering)] 4.4 Where edge protection is not practical, use a fall restraint or fall arrest system on a rated anchor point. [Control (engineering)] 4.5 Have a rescue plan so a worker hanging in a harness can be brought down within minutes. [Control (procedures)] 4.6 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 4.7 Wear gloves for grip and safety boots to protect your feet. [PPE] 4.8 Lifting and carrying heavy loads: see step 2 for the full controls [Control (procedures)] 4.9 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Eliminate] 4.10 Keep everyone clear of the area under and next to the work. [Isolate] 4.11 Install temporary props, needles or shoring as designed before removing any support. [Control (engineering)] 4.12 Follow the engineer's sequence. Do not change it without approval. [Control (procedures)] 4.13 Check props daily. Do not remove them until the permanent support is in and approved. [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
5	Lay and fix decking boards	Injury from power tools Nail gun injuries Repetitive work and awkward postures Sun exposure (UV) Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER)	Workers, People nearby. How: Drills, saws, routers and sanders kick back, catch clothing or throw debris, causing cuts, broken bones and eye injuries. A nail gun fires by accident, or a nail goes through the timber or ricochets and hits the user or someone nearby.	**High (12) Possible / Major injury**	5.1 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 5.2 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 5.3 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 5.4 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 5.5 Use a nail gun with a sequential (single shot) trigger, not a contact or bump trigger. [Reduce / substitute] 5.6 Disconnect the air or battery before clearing jams, adjusting or moving between work areas. [Control (engineering)] 5.7 Keep your free hand at least 30 cm from the nailing point. [Control (procedures)] 5.8 Never point the gun at anyone or carry it with your finger on the trigger. [Control (procedures)] 5.9 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 5.10 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 5.11 Use light tools with good grips, and keep blades and bits sharp.	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					[Control (engineering)] 5.12 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 5.13 Plan outdoor work for early morning or late afternoon when UV is lower. [Eliminate] 5.14 Put shade covers over fixed work areas. [Control (engineering)] 5.15 Check the UV index each day. Use sun protection when it is 3 or higher. [Control (procedures)] 5.16 Check your skin regularly and see a doctor about any new or changing spots. [Control (procedures)]		
6	Fit balustrade before anyone uses the deck, then clean up	Falling from height Poor housekeeping and waste Rules: Work at Height Regulations 2005	Workers, People below, Visitors. How: A worker falls from any height where a fall could cause injury, such as an edge, platform or opening. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**Very high (20) Likely / Fatal**	6.1 Wear a full body harness with a shock-absorbing lanyard, clipped on at all times when using fall arrest. [PPE] 6.2 Falling from height: see step 4 for the full controls [Control (procedures)] 6.3 Order materials to size and send packaging back where you can. [Eliminate] 6.4 Put skips and waste chutes close to the work. [Control (engineering)] 6.5 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.6 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.7 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.8 Use a registered waste carrier and keep waste transfer notes for at least 2 years. Keep hazardous waste such as asbestos separate, with consignment notes (special waste in Scotland). [Control (procedures)] 6.9 Wear gloves when handling waste. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor

Risk key: risk = likelihood x consequence on a 5 x 5 matrix. Low, Medium, High, Very high. Work must not start while the risk after controls is high or above. Controls are listed in order of the hierarchy of control (eric-pd): Eliminate, Reduce / substitute, Isolate, Control (engineering), Control (procedures), PPE.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Locate underground services before digging footings	Keep machine buckets well clear of marked services and use a spotter. Do a CAT and Genny scan before digging and mark services on the ground. Hand dig trial holes to find services before machine digging (safe digging practice).
2	Dig and pour footings, guarding open holes	Cover every hole and penetration with a fixed, secured cover marked "HOLE" or "DANGER". Put guardrails with toe boards around stairwells, lift shafts, voids and open edges. Install stairs early and fit temporary handrails as soon as they go in.
3	Cut treated timber with dust control and wash hands before eating	Keep blade guards fitted and working, and use the riving knife on table saws. Use push sticks and clamps, and support long pieces so they do not pinch the blade. Use a sharp, undamaged blade made for the material.

Step	What we will do	How it is done safely
4	Build bearers and joists, using edge protection if the deck is high	Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. Install guardrails or edge protection on all open edges before work starts. Use a scaffold, mobile tower or MEWP instead of working off a ladder.
5	Lay and fix decking boards	Keep all guards fitted and working. Never tie back or remove a guard. Clamp or secure the work piece. Do not hold it by hand. Only trained, competent people use power tools, following the maker's instructions.
6	Fit balustrade before anyone uses the deck, then clean up	Wear a full body harness with a shock-absorbing lanyard, clipped on at all times when using fall arrest. Falling from height: see step 4 for the full controls Order materials to size and send packaging back where you can.

4. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety glasses Ear defenders Rigger gloves FFP3 dust mask Sun protection (sunscreen and neck cover) Chemical-resistant gloves Safety goggles Knee pads Half-mask respirator (P3 filters) Coveralls	None required

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Circular saw		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Mitre saw		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Nail gun					
Hand tools					

6. CREW COMPETENCY, TICKETS AND LICENCES

Crew listed at sign-on below, with ticket and licence numbers.

7. EMERGENCY ARRANGEMENTS

Emergency number	999	**First aid kit**	In the work vehicle
Fire extinguisher	In the work vehicle	**Alarm and evacuation**	Shout "Fire" or "Stop" and use the site alarm. Stop work, make the area safe and go to the assembly point. Do not go back in until the supervisor says it is safe.
Reporting incidents	Report reportable incidents to HSE under RIDDOR 2013 (hse.gov.uk/riddor).		

8. SITE ARRANGEMENTS

Welfare	Toilets, drinking water, hand washing and a break area on site	**Security and access**	Work area fenced or kept locked when unattended. Tools and materials secured. Public kept out.
Environmental and waste	Waste goes in a skip or the van and is taken away by a registered waste carrier, with waste transfer notes kept (duty of care). Hazardous waste such as asbestos is kept separate and consigned correctly. Dust and noise kept to a minimum. No run-off into drains.		

9. MONITORING, REVIEW AND LEGAL BASIS

The supervisor checks the controls at the start of each shift and during the work. Stop work and review this RAMS if the work, the crew or the site conditions change, after any incident or near miss, or if the principal contractor asks.

Legal basis: Management of Health and Safety at Work Regulations 1999 and the Construction (Design and Management) Regulations 2015. Employers must assess the risks of their work and record the significant findings (required where you employ 5 or more people). On CDM projects, contractors give their RAMS to the principal contractor before starting, and brief the workers on it.

Keep this RAMS, every revision and the signed briefing register with the site file for the length of the job, and keep a copy in your records afterwards.

10. REVISION HISTORY

Rev	Date	By	What changed
1	9 Nov 2026		First issue

11. APPROVAL AND BRIEFING REGISTER

	Name	Signature	Date	
Prepared by				
Approved by				
Supervisor				
Principal contractor review				Accepted for use: Yes / No

By signing below, each person confirms this RAMS was explained to them in a site briefing, they understand it and will follow it, and they will stop work and tell the supervisor if anything changes.

Name	Role / company	Tickets / licences	Inducted	Signature	Date

Name	Role / company	Tickets / licences	Inducted	Signature	Date