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	Kitchen cabinet installation	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Carpentry

2. WORK INVOLVING PARTICULAR RISKS (CDM 2015 SCHEDULE 3)

	Risk of burial under earthfalls, engulfment in swampland or falling from a height, made worse by the work, processes or site		Work on wells, underground earthworks and tunnels
YES	Chemical or biological substances that are a particular danger, or that need health monitoring by law		Divers with a system of air supply
	Ionising radiation needing controlled or supervised areas		Work in caissons with a compressed air atmosphere
	Work near high voltage power lines		Use of explosives
	Risk of drowning		Assembling or dismantling heavy prefabricated components

3. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Confirm power, water and gas are capped or isolated in the work area	Electric shock from live wiring Gas and fuel lines Rules: Electricity at Work Regulations 1989; Gas Safety (Installation and Use) Regulations 1998	Workers, Occupants, Public. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Damaging or opening a gas or fuel line causes a leak, fire or explosion.	**Very high (15) Possible / Fatal**	1.1 Isolate the power before any work. Do not work live. [Eliminate] 1.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 1.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 1.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 1.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 1.6 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 1.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 1.8 Isolate and purge the line before work, with the owner's approval. [Eliminate] 1.9 Lock off and tag the isolation valve. [Isolate] 1.10 Check for leaks with a gas detector before and during work, and ventilate the area. [Control (engineering)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					1.11 Only Gas Safe registered engineers work on gas fittings. [Control (procedures)] 1.12 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Control (procedures)] 1.13 Know where the shut-off valve is and what to do if a leak happens. [Control (procedures)] 1.14 Wear safety glasses and gloves, and keep a fire extinguisher close by. [PPE]		
2	Carry cabinets and benchtops with two people or a trolley	Lifting and carrying heavy loads Rules: Manual Handling Operations Regulations 1992	Workers. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**High (12) Likely / Lost time injury**	2.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 2.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 2.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 2.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 2.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 2.6 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 2.7 Wear gloves for grip and safety boots to protect your feet. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
3	Scan walls for cables and pipes before fixing	Electric shock from live wiring Injury from power tools Rules: Electricity at Work Regulations 1989; Provision and Use of Work Equipment Regulations 1998 (PUWER)	Workers, Occupants, People nearby. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Drills, saws, routers and sanders kick back, catch clothing or throw debris, causing cuts, broken bones and eye injuries.	**Very high (15) Possible / Fatal**	3.1 Electric shock from live wiring: see step 1 for the full controls [Control (procedures)] 3.2 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 3.3 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 3.4 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 3.5 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 3.6 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)] 3.7 Wear safety glasses and hearing protection. Do not wear loose gloves on drills or other rotating tools. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
4	Cut panels and benchtops with dust extraction, and wet cut stone tops	Saw cuts and kickback Wood and MDF dust Silica dust from concrete, brick, stone and tiles Loud noise Rules: Provision and	Workers, People nearby. How: Circular saws, drop saws and table saws cut fingers and hands or throw material back at the user. Sawing and sanding	**Very high (20) Likely / Fatal**	4.1 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 4.2 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 4.3 Use a sharp, undamaged blade made for the material. [Control (procedures)] 4.4 Stand to one side of the blade line, out of the kickback path. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Use of Work Equipment Regulations 1998 (PUWER); COSHH Regulations 2002; Control of Noise at Work Regulations 2005	timber, MDF and treated wood makes fine dust that causes asthma, skin problems and some cancers.		4.5 Buy pre-cut or pre-finished timber where you can. [Reduce / substitute] 4.6 Cut outdoors or in a well-ventilated area away from others. [Isolate] 4.7 Use saws and sanders with dust extraction connected to an M-class (or better) vacuum. [Control (engineering)] 4.8 Clean up with a vacuum, not a broom or compressed air. [Control (procedures)] 4.9 Do a COSHH assessment for hardwood and MDF dust. [Control (procedures)] 4.10 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 4.11 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 4.12 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 4.13 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 4.14 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 4.15 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 4.16 Wear a fit-tested FFP3 mask. [PPE] 4.17 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 4.18 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 4.19 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 4.20 Limit time on noisy tools and rotate workers. [Control (procedures)] 4.21 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]		
5	Fix wall cabinets with support until secure	Falling tools and materials Falling from a ladder Rules: Work at Height Regulations 2005, regulation 10 (falling objects); Work at Height Regulations 2005	Workers, Public, People below. How: Tools, materials or debris fall from above and hit someone working or walking below. The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface.	**High (12) Possible / Major injury**	5.1 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Isolate] 5.2 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Control (engineering)] 5.3 Use catch fans, debris netting or covered walkways where people pass below. [Control (engineering)] 5.4 Tether hand tools when working at height. [Control (engineering)] 5.5 Keep platforms tidy. Do not stack materials near edges or above toe board height. [Control (procedures)] 5.6 Lower materials with a hoist, chute or rope. Never throw or drop anything down. [Control (procedures)] 5.7 Wear a hard hat anywhere objects could fall. [PPE]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					5.8 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 5.9 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 5.10 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Control (engineering)] 5.11 Use ladders only for short, light work (about 30 minutes in one spot). Do not carry heavy or awkward loads up a ladder. [Control (procedures)] 5.12 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 5.13 Do not work off the top three rungs of a leaning ladder. On a stepladder, do not stand on the top two steps (top three on swing-back or double-sided steps) unless there is a suitable handhold. [Control (procedures)] 5.14 Check the ladder before each use: feet, rungs, stiles and locks. [Control (procedures)] 5.15 Wear non-slip safety boots with clean soles. [PPE]		
6	Fit doors and hardware, then clean up	Poor housekeeping and waste Repetitive work and awkward postures	Workers, Visitors. How: Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits. Doing the same movement for hours, kneeling or working overhead causes long-term damage to joints, muscles and tendons.	**Medium (9) Possible / Lost time injury**	6.1 Order materials to size and send packaging back where you can. [Eliminate] 6.2 Put skips and waste chutes close to the work. [Control (engineering)] 6.3 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.4 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.5 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.6 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)] 6.7 Wear gloves when handling waste. [PPE] 6.8 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 6.9 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 6.10 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 6.11 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 6.12 Warm up before heavy physical work and report aches and pains early. [Control (procedures)] 6.13 Wear knee pads for kneeling work and gloves for grip. [PPE]	**Medium (6) Unlikely / Lost time injury**	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.

4. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Confirm power, water and gas are capped or isolated in the work area	Isolate the power before any work. Do not work live. Lock out and tag the isolation point with your own personal lock and danger tag. Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after.
2	Carry cabinets and benchtops with two people or a trolley	Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand.
3	Scan walls for cables and pipes before fixing	Electric shock from live wiring: see step 1 for the full controls 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.
4	Cut panels and benchtops with dust extraction, and wet cut stone tops	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.
5	Fix wall cabinets with support until secure	Barricade and sign the drop zone under overhead work so nobody walks beneath. Fit toe boards, kick plates and mesh screens on scaffolds and edges. Use catch fans, debris netting or covered walkways where people pass below.
6	Fit doors and hardware, then clean up	Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work. Clean as you go, and do a full clean up at the end of each day.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety glasses FFP3 dust mask Ear defenders Rigger gloves Half-mask respirator (P3 filters) Safety helmet Knee pads	None required

6. PLANT AND EQUIPMENT

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

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

7. CREW COMPETENCY, TICKETS AND LICENCES

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

8. 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).		

9. 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.		

10. 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.

11. REVISION HISTORY

Rev	Date	By	What changed

Rev	Date	By	What changed
1	9 Nov 2026		First issue

12. 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