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	Wall framing	**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	Set up a clean, level cutting area away from walkways	Slips and trips Poor housekeeping and waste	Workers, Visitors, Public. How: Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**Medium (8) Likely / Minor injury**	1.1 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 1.2 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 1.3 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 1.4 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 1.5 Keep work areas, stairs and access paths well lit. [Control (procedures)] 1.6 Wear safety boots with good grip, laced up. [PPE] 1.7 Order materials to size and send packaging back where you can. [Eliminate] 1.8 Put skips and waste chutes close to the work. [Control (engineering)] 1.9 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 1.10 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 1.11 Stack materials neatly on level ground, away from edges. [Control (procedures)] 1.12 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)] 1.13 Wear gloves when handling waste. [PPE]	**Low (4) Unlikely / Minor injury**	Site supervisor
2	Cut studs and plates with guards working, keeping hands clear of the blade	Saw cuts and kickback Wood and MDF dust Loud noise Rules: Provision and	Workers, People nearby. How: Circular saws, drop saws and table saws cut fingers and	**High (12) Possible / Major injury**	2.1 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 2.2 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 2.3 Use a sharp, undamaged blade made for the material. [Control	**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	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.		(procedures)] 2.4 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 2.5 Let the blade stop fully before reaching in or putting the saw down. [Control (procedures)] 2.6 Buy pre-cut or pre-finished timber where you can. [Reduce / substitute] 2.7 Cut outdoors or in a well-ventilated area away from others. [Isolate] 2.8 Use saws and sanders with dust extraction connected to an M-class (or better) vacuum. [Control (engineering)] 2.9 Clean up with a vacuum, not a broom or compressed air. [Control (procedures)] 2.10 Do a COSHH assessment for hardwood and MDF dust. [Control (procedures)] 2.11 Wear an FFP3 dust mask for cutting and sanding. [PPE] 2.12 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 2.13 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 2.14 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 2.15 Limit time on noisy tools and rotate workers. [Control (procedures)] 2.16 If you have to shout to be heard by someone 2 metres away, the noise is probably 85 dB(A) or more: wear hearing protection. [Control (procedures)] 2.17 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]		
3	Nail frames together on the deck, using sequential trigger on nail guns	Nail gun injuries Compressed air Eye injuries	Workers, People nearby. How: A nail gun fires by accident, or a nail goes through the timber or ricochets and hits the user or someone nearby. An air hose whips when a fitting fails, or air blown at skin or eyes drives dirt in and causes injury.	**High (12) Possible / Major injury**	3.1 Use a nail gun with a sequential (single shot) trigger, not a contact or bump trigger. [Reduce / substitute] 3.2 Disconnect the air or battery before clearing jams, adjusting or moving between work areas. [Control (engineering)] 3.3 Keep your free hand at least 30 cm from the nailing point. [Control (procedures)] 3.4 Never point the gun at anyone or carry it with your finger on the trigger. [Control (procedures)] 3.5 Train new users before they use a nail gun, and check for pipes, cables and metal behind the surface. [Control (procedures)] 3.6 Fit whip checks (safety cables) on hose joints and check hoses before use. [Control (engineering)] 3.7 Fit a pressure regulator and keep pressure to the tool's rating. [Control (engineering)] 3.8 Turn off and bleed the line before disconnecting. [Control (procedures)] 3.9 Never use compressed air to clean clothes or skin, or point it at	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					anyone. [Control (procedures)] 3.10 Wear safety glasses and hearing protection. [PPE] 3.11 Use tool guards and screens to stop flying particles. [Control (engineering)] 3.12 Use dust extraction and water to keep dust out of the air. [Control (engineering)] 3.13 Keep others out of the area when cutting, grinding or chipping. [Control (procedures)] 3.14 Keep an eye wash station or eye wash bottles on site. [Control (procedures)] 3.15 Wear safety glasses at all times, goggles for dust and chemicals, and a face shield for grinding. [PPE]		
4	Stand frames with enough people and brace them straight away	Lifting and carrying heavy loads Structural collapse during alterations Strong wind and storms Rules: Manual Handling Operations Regulations 1992; CDM Regulations 2015, regulation 19 (stability of structures)	Workers, Occupants, Public. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Removing a wall, beam, post or bracing makes part of the building fall on workers.	**High (12) Likely / Lost time injury**	4.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 4.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 4.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 4.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 4.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 4.6 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Eliminate] 4.7 Keep everyone clear of the area under and next to the work. [Isolate] 4.8 Install temporary props, needles or shoring as designed before removing any support. [Control (engineering)] 4.9 Follow the engineer's sequence. Do not change it without approval. [Control (procedures)] 4.10 Check props daily. Do not remove them until the permanent support is in and approved. [Control (procedures)] 4.11 Check the forecast each morning and plan work at height and lifting around the weather. [Eliminate] 4.12 Tie down or weigh down loose sheets, panels, boards and rubbish at the end of each shift. [Control (engineering)] 4.13 Set wind limits for roof work, platforms and cranes, using the manufacturer's limits, and stop when they are reached. [Control (procedures)] 4.14 Stop work and get down in lightning. Wait 30 minutes after the last thunder before going back up. [Control (procedures)] 4.15 Check scaffold, fencing and edge protection after strong wind before anyone uses them. [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
5	Guard slab or floor	Falling through a floor	Workers, Visitors,	**Very high (20)**	5.1 Cover every hole and penetration with a fixed, secured cover	**Medium (5)**	Site

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	edges and openings near the work	opening or void Falling from height Rules: Work at Height Regulations 2005	People below. How: A worker steps into an open hole, stairwell, lift shaft or penetration and falls to the level below. A worker falls from any height where a fall could cause injury, such as an edge, platform or opening.	**Likely / Fatal**	marked "HOLE" or "DANGER". [Isolate] 5.2 Put guardrails with toe boards around stairwells, lift shafts, voids and open edges. [Isolate] 5.3 Install stairs early and fit temporary handrails as soon as they go in. [Control (engineering)] 5.4 Never remove a cover or guardrail without approval. Put it back straight away. [Control (procedures)] 5.5 Inspect covers and barriers daily and after other trades have been through. [Control (procedures)] 5.6 Keep lighting good enough to see openings, especially on lower floors and in the evening. [Control (procedures)] 5.7 Use a harness clipped to a rated anchor when working right next to an open void. [PPE] 5.8 Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. [Eliminate] 5.9 Install guardrails or edge protection on all open edges before work starts. [Isolate] 5.10 Use a scaffold, mobile tower or MEWP instead of working off a ladder. [Control (engineering)] 5.11 Where edge protection is not practical, use a fall restraint or fall arrest system on a rated anchor point. [Control (engineering)] 5.12 Have a rescue plan so a worker hanging in a harness can be brought down within minutes. [Control (procedures)] 5.13 Wear a full body harness with a shock-absorbing lanyard, clipped on at all times when using fall arrest. [PPE]	**Very unlikely / Fatal**	supervisor
6	Clean up offcuts and nails at the end of each day	Poor housekeeping and waste Slips and trips	Workers, Visitors, Public. How: Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits. Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries.	**Medium (8) Likely / Minor injury**	6.1 Poor housekeeping and waste: see step 1 for the full controls [Control (procedures)] 6.2 Slips and trips: see step 1 for the full controls [Control (procedures)]	**Low (4) Unlikely / Minor 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.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely

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2	Cut studs and plates with guards working, keeping hands clear of the blade	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.
3	Nail frames together on the deck, using sequential trigger on nail guns	Use a nail gun with a sequential (single shot) trigger, not a contact or bump trigger. Disconnect the air or battery before clearing jams, adjusting or moving between work areas. Keep your free hand at least 30 cm from the nailing point.
4	Stand frames with enough people and brace them straight away	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.
5	Guard slab or floor edges and openings near the work	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.
6	Clean up offcuts and nails at the end of each day	Poor housekeeping and waste: see step 1 for the full controls Slips and trips: see step 1 for the full controls

4. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety glasses Ear defenders Rigger gloves Safety helmet FFP3 dust mask Safety goggles Face shield	None required

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Nail gun					
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)			
Air compressor		Pressure system: written scheme of examination by a competent person (Pressure Systems Safety Regulations 2000), plus pre-use hose and coupling checks			

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Podium step		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			

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