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	Pour a concrete slab	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Concreting

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	Plan truck and pump access, checking for overhead power lines and soft ground	Contact with overhead power lines Being hit by mobile plant Road traffic Rules: HSE GS6 Avoiding danger from overhead power lines; CDM Regulations 2015 and PUWER 1998; Safety at Street Works and Road Works Code of Practice (Red Book)	Workers, Plant operators, Public, Visitors, Road users. How: A ladder, MEWP, crane, tipper or long length of material touches or gets close to an overhead line and electrocutes people. Excavators, loaders, telehandlers and trucks run over or crush workers, especially when reversing or slewing.	**Very high (15) Possible / Fatal**	1.1 Ask the distribution network operator (DNO) to turn off, move or insulate the lines before work starts. [Eliminate] 1.2 Use non-conductive (fibreglass) ladders near any power lines. [Reduce / substitute] 1.3 Mark the safe distance with flags, tape or goal posts and keep all plant and people outside it. [Isolate] 1.4 Follow HSE GS6: barriers, goal posts under the lines and a permit for work near them. [Control (procedures)] 1.5 Use a dedicated spotter whenever plant moves or raises anything near lines. [Control (procedures)] 1.6 Treat all lines as live. If plant touches a line, stay in the cab and keep everyone well away. [Control (procedures)] 1.7 Separate people and plant with barriers, exclusion zones and marked walkways. [Isolate] 1.8 Use plant with working reversing alarms, cameras and lights. [Control (engineering)] 1.9 Being hit by mobile plant: see step 4 for the full controls [Control (procedures)] 1.10 Do the work at low-traffic times, or close the road or lane with approval. [Eliminate]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					1.11 Put solid barriers between the work and traffic where speeds are high, not just cones. [Isolate] 1.12 Use a truck-mounted attenuator or buffer vehicle on high speed roads. [Control (engineering)] 1.13 Set up signs and cones to Chapter 8 (Traffic Signs Manual) by trained operatives. [Control (procedures)] 1.14 Get a street works permit or licence from the highway authority before you start. [Control (procedures)]		
2	Set up traffic control at the site entry and a spotter for reversing trucks	Road traffic Public entering the work area Rules: Safety at Street Works and Road Works Code of Practice (Red Book); CDM Regulations 2015	Workers, Road users, Public, Children. How: Passing cars and trucks hit workers or plant working on or next to a road. Members of the public, including children, walk into the site and are hit by plant or falling objects, or fall into holes.	**Very high (15) Possible / Fatal**	2.1 Park work vehicles to shield the work zone, with beacons on. [Control (procedures)] 2.2 Wear Class 2 or 3 hi-vis clothing (EN ISO 20471). [PPE] 2.3 Road traffic: see step 1 for the full controls [Control (procedures)] 2.4 Fence off the site with secure temporary fencing and lock the gates when you leave. [Isolate] 2.5 Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. [Isolate] 2.6 Use hoarding, covered walkways or catch fans where work is above public areas. [Control (engineering)] 2.7 Put signs at each entry: site name, contact number and "No unauthorised entry". [Control (procedures)] 2.8 Make the site safe at the end of each day: cover holes, lower plant, remove ladders and lock tools away. [Control (procedures)] 2.9 Use a spotter when moving plant or materials across public paths. [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
3	Check formwork, edge forms, rebar and caps on starter bars before the pour	Formwork collapse Impalement on rebar	Workers. How: Formwork or falsework fails during a concrete pour and collapses with workers on or under it. A worker falls or trips onto exposed rebar or starter bars and is impaled or badly cut.	**High (12) Possible / Major injury**	3.1 Keep people out from under the formwork during the pour. [Isolate] 3.2 Use formwork designed by a competent person or engineer for the load. [Control (engineering)] 3.3 A competent person inspects the formwork and props before the pour and signs it off. [Control (procedures)] 3.4 Follow the design for prop spacing, bracing and pour rate. [Control (procedures)] 3.5 Watch for movement or bulging during the pour and stop if it happens. [Control (procedures)] 3.6 Do not strip formwork until the concrete reaches the strength the engineer requires. [Control (procedures)] 3.7 Wear a hard hat, safety boots and gloves. [PPE] 3.8 Cover or cap all exposed bar ends with approved caps or covers. [Control (engineering)] 3.9 Bend bars over where the design allows. [Control (engineering)] 3.10 Use edge protection near starter bars so nobody can fall onto them. [Control (engineering)] 3.11 Keep walkways clear of exposed bars and mark the hazard. [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					3.12 Wear gloves, safety glasses and safety boots when handling bar. [PPE]		
4	Set up the pump with outriggers on pads and an exclusion zone around the boom and hose. Never open a line or clear a blockage until the pressure is released	Being hit by mobile plant Contact with overhead power lines Rules: CDM Regulations 2015 and PUWER 1998; HSE GS6 Avoiding danger from overhead power lines	Workers, Visitors, Public, Plant operators. How: Excavators, loaders, telehandlers and trucks run over or crush workers, especially when reversing or slewing. A ladder, MEWP, crane, tipper or long length of material touches or gets close to an overhead line and electrocutes people.	**Very high (15) Possible / Fatal**	4.1 Separate people and plant with barriers, exclusion zones and marked walkways. [Isolate] 4.2 Use plant with working reversing alarms, cameras and lights. [Control (engineering)] 4.3 Have a traffic management plan showing plant routes, loading areas and pedestrian paths. [Control (procedures)] 4.4 Use a spotter when reversing or working near people. [Control (procedures)] 4.5 Make eye contact with the operator before going near. Stay out of the swing radius. [Control (procedures)] 4.6 Operators hold a CPCS, NPORS or equal card for the plant they use. [Control (procedures)] 4.7 Do a pre-start check on each machine every day and record it. [Control (procedures)] 4.8 Wear hi-vis clothing and a hard hat. [PPE] 4.9 Contact with overhead power lines: see step 1 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
5	Place concrete, keeping clear of the hose end and wearing gloves and boots	Wet concrete and cement burns Lifting and carrying heavy loads Slips and trips Rules: Manual Handling Operations Regulations 1992	Workers, Visitors, Public. How: Wet concrete, mortar and cement burn skin and eyes. Burns can be deep and are often not felt until later. Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**High (12) Likely / Lost time injury**	5.1 Use long-handled tools and pumps to cut down contact. [Control (engineering)] 5.2 Wash concrete off skin straight away with clean water. [Control (procedures)] 5.3 Have clean water and eye wash where concrete or mortar is mixed and used. [Control (procedures)] 5.4 Do a COSHH assessment for cement, lime and mortar, and check hands regularly for early signs of dermatitis. [Control (procedures)] 5.5 Wear waterproof gloves, long sleeves and waterproof boots with trousers worn over the top. [PPE] 5.6 Wear safety glasses or goggles to stop splashes. [PPE] 5.7 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 5.8 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 5.9 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 5.10 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 5.11 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 5.12 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 5.13 Run leads and hoses overhead on hooks or stands, or along	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					walls, not across walkways. [Control (engineering)] 5.14 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 5.15 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 5.16 Keep work areas, stairs and access paths well lit. [Control (procedures)]		
6	Vibrate and screed, keeping power leads out of wet concrete	Hand-arm and whole-body vibration Electric shock from leads and power tools Repetitive work and awkward postures Rules: Control of Vibration at Work Regulations 2005; Electricity at Work Regulations 1989	Workers. How: Long periods on jackhammers, grinders, compactors or riding plant cause white finger, numbness and back damage. Damaged leads, plugs or tools, or water near power, give the user an electric shock.	**High (12) Possible / Major injury**	6.1 Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. [Reduce / substitute] 6.2 Keep tools sharp and well maintained, and use anti-vibration handles and seats. [Control (engineering)] 6.3 Limit trigger time using the HSE vibration calculator to stay below the exposure action value, and rotate workers. [Control (procedures)] 6.4 Keep hands warm and dry, and take regular breaks. [Control (procedures)] 6.5 Report tingling, numbness or white fingers early. [Control (procedures)] 6.6 Use battery-powered tools where you can. [Reduce / substitute] 6.7 Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. [Control (engineering)] 6.8 Keep leads off the ground and out of water, using lead stands or hooks. [Control (engineering)] 6.9 Check leads, plugs and tools before every use. Tag out and remove anything damaged. [Control (procedures)] 6.10 Keep tools and leads inspected and PAT tested on a regular schedule. [Control (procedures)] 6.11 Do not use tools in rain or wet areas unless they are rated for it. [Control (procedures)] 6.12 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 6.13 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 6.14 Repetitive work and awkward postures: see step 7 for the full controls [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
7	Finish the surface, taking breaks in heat and sun	Heat stress Sun exposure (UV) Repetitive work and awkward postures	Workers. How: Hard work in hot weather or hot roof spaces causes heat exhaustion or heat stroke, which can kill. Long hours in the sun cause sunburn, eye damage and skin	**High (12) Possible / Major injury**	7.1 Schedule heavy work for the cooler part of the day. [Eliminate] 7.2 Provide shade over work and rest areas, and fans or cooling in roof spaces. [Control (engineering)] 7.3 Supply cool drinking water close by and drink a cup every 15 to 20 minutes. [Control (procedures)] 7.4 Take regular rest breaks in the shade, more often as it gets hotter. [Control (procedures)] 7.5 Let new and returning workers build up to full work in the heat over about a week. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			cancer.		7.6 Plan outdoor work for early morning or late afternoon when UV is lower. [Eliminate] 7.7 Put shade covers over fixed work areas. [Control (engineering)] 7.8 Check the UV index each day. Use sun protection when it is 3 or higher. [Control (procedures)] 7.9 Check your skin regularly and see a doctor about any new or changing spots. [Control (procedures)] 7.10 Wear a broad-brim hat or hard hat brim, long sleeves, sunglasses and SPF 30 or higher sunscreen, reapplied every 2 hours. [PPE] 7.11 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 7.12 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 7.13 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 7.14 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 7.15 Warm up before heavy physical work and report aches and pains early. [Control (procedures)]		
8	Wash out the pump and trucks only in the set wash out area, away from drains	Wet concrete and cement burns Poor housekeeping and waste	Workers, Visitors. How: Wet concrete, mortar and cement burn skin and eyes. Burns can be deep and are often not felt until later. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**Medium (9) Possible / Lost time injury**	8.1 Wet concrete and cement burns: see step 5 for the full controls [Control (procedures)] 8.2 Order materials to size and send packaging back where you can. [Eliminate] 8.3 Put skips and waste chutes close to the work. [Control (engineering)] 8.4 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 8.5 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 8.6 Stack materials neatly on level ground, away from edges. [Control (procedures)] 8.7 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)] 8.8 Wear gloves when handling waste. [PPE]	**Low (4) Unlikely / Minor injury**	Site supervisor
9	Cut control joints the next day with water suppression	Silica dust from concrete, brick, stone and tiles Saw cuts and kickback Loud noise Rules: COSHH	Workers, People nearby. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes	**Very high (20) Likely / Fatal**	9.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 9.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 9.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 9.4 Clean up with a vacuum or wet methods. Never dry sweep or	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Regulations 2002; Provision and Use of Work Equipment Regulations 1998 (PUWER); Control of Noise at Work Regulations 2005	silicosis and lung cancer. Circular saws, drop saws and table saws cut fingers and hands or throw material back at the user.		use compressed air. [Control (procedures)] 9.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 9.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 9.7 Wear a fit-tested FFP3 mask. [PPE] 9.8 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 9.9 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 9.10 Use a sharp, undamaged blade made for the material. [Control (procedures)] 9.11 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 9.12 Let the blade stop fully before reaching in or putting the saw down. [Control (procedures)] 9.13 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 9.14 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 9.15 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 9.16 Limit time on noisy tools and rotate workers. [Control (procedures)] 9.17 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)] 9.18 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]		

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	Plan truck and pump access, checking for overhead power lines and soft ground	Ask the distribution network operator (DNO) to turn off, move or insulate the lines before work starts. Use non-conductive (fibreglass) ladders near any power lines. Mark the safe distance with flags, tape or goal posts and keep all plant and people outside it.
2	Set up traffic control at the site entry and a spotter for reversing trucks	Park work vehicles to shield the work zone, with beacons on. Wear Class 2 or 3 hi-vis clothing (EN ISO 20471). Road traffic: see step 1 for the full controls
3	Check formwork, edge forms, rebar and caps on starter bars before the pour	Keep people out from under the formwork during the pour. Use formwork designed by a competent person or engineer for the load. A competent person inspects the formwork and props before the pour and signs it off.

Step	What we will do	How it is done safely
4	Set up the pump with outriggers on pads and an exclusion zone around the boom and hose. Never open a line or clear a blockage until the pressure is released	Separate people and plant with barriers, exclusion zones and marked walkways. Use plant with working reversing alarms, cameras and lights. Have a traffic management plan showing plant routes, loading areas and pedestrian paths.
5	Place concrete, keeping clear of the hose end and wearing gloves and boots	Use long-handled tools and pumps to cut down contact. Wash concrete off skin straight away with clean water. Have clean water and eye wash where concrete or mortar is mixed and used.
6	Vibrate and screed, keeping power leads out of wet concrete	Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. Keep tools sharp and well maintained, and use anti-vibration handles and seats. Limit trigger time using the HSE vibration calculator to stay below the exposure action value, and rotate workers.
7	Finish the surface, taking breaks in heat and sun	Schedule heavy work for the cooler part of the day. Provide shade over work and rest areas, and fans or cooling in roof spaces. Supply cool drinking water close by and drink a cup every 15 to 20 minutes.
8	Wash out the pump and trucks only in the set wash out area, away from drains	Wet concrete and cement burns: see step 5 for the full controls Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work.
9	Cut control joints the next day with water suppression	Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. Cut outdoors or in a separate area, with other people well away and upwind. Use water on the blade or on-tool dust extraction connected to an H-class vacuum.

5. PPE AND PERMITS

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

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Concrete pump					
Wacker plate					

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Hand tools					
Cut-off saw (Stihl saw)		User check before each use; inspected and serviced to the maker's schedule (PUWER regs 5 and 6). Discs changed only by people trained in abrasive wheels			

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
1	9 Nov 2026		First issue

Rev	Date	By	What changed

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