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	Concrete breaking and removal	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Demolition

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	Locate services under the slab before breaking	Hitting underground services Electric shock from live wiring Rules: HSE HSG47 Avoiding danger from underground services; Electricity at Work Regulations 1989	Workers, Public, Occupants. How: Digging, drilling or driving pegs hits a buried power cable, gas pipe or water main, causing electrocution, explosion or flooding. Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill.	**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] 1.8 Isolate the power before any work. Do not work live. [Eliminate] 1.9 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 1.10 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 1.11 Only competent, qualified electricians do electrical work,	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					following a safe isolation procedure. [Control (procedures)] 1.12 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 1.13 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 1.14 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE]		
2	Saw cut edges with water suppression	Silica dust from concrete, brick, stone and tiles Saw cuts and kickback Loud noise Rules: COSHH Regulations 2002; Provision and Use of Work Equipment Regulations 1998 (PUWER); Control of Noise at Work Regulations 2005	Workers, People nearby. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes silicosis and lung cancer. Circular saws, drop saws and table saws cut fingers and hands or throw material back at the user.	**Very high (20) Likely / Fatal**	2.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 2.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 2.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 2.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 2.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 2.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 2.7 Wear a fit-tested FFP3 mask. [PPE] 2.8 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 2.9 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 2.10 Use a sharp, undamaged blade made for the material. [Control (procedures)] 2.11 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 2.12 Let the blade stop fully before reaching in or putting the saw down. [Control (procedures)] 2.13 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 2.14 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 2.15 Loud noise: see step 3 for the full controls [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor
3	Break with a jackhammer or excavator breaker, rotating jackhammer work	Hand-arm and whole-body vibration Loud noise Being hit by mobile plant Rules: Control of	Workers, People nearby, Visitors, Public. How: Long periods on jackhammers, grinders, compactors or riding plant cause white finger, numbness and back	**Very high (15) Possible / Fatal**	3.1 Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. [Reduce / substitute] 3.2 Keep tools sharp and well maintained, and use anti-vibration handles and seats. [Control (engineering)] 3.3 Limit trigger time using the HSE vibration calculator to stay below the exposure action value, and rotate workers. [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Vibration at Work Regulations 2005; Control of Noise at Work Regulations 2005; CDM Regulations 2015 and PUWER 1998	damage. Saws, grinders, jackhammers and machines cause permanent hearing loss and ringing in the ears over time.		3.4 Keep hands warm and dry, and take regular breaks. [Control (procedures)] 3.5 Report tingling, numbness or white fingers early. [Control (procedures)] 3.6 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 3.7 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 3.8 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 3.9 Limit time on noisy tools and rotate workers. [Control (procedures)] 3.10 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)] 3.11 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)] 3.12 Separate people and plant with barriers, exclusion zones and marked walkways. [Isolate] 3.13 Use plant with working reversing alarms, cameras and lights. [Control (engineering)] 3.14 Have a traffic management plan showing plant routes, loading areas and pedestrian paths. [Control (procedures)] 3.15 Use a spotter when reversing or working near people. [Control (procedures)] 3.16 Make eye contact with the operator before going near. Stay out of the swing radius. [Control (procedures)]		
4	Watch for flying chips and keep others back	Eye injuries Demolition and falling debris Rules: CDM Regulations 2015, regulation 20 (demolition)	Workers, People nearby, Public, Neighbours. How: Flying chips, dust, chemicals or sparks get into the eye and cause damage or blindness. Part of a structure collapses early, or debris falls and hits workers or the public during demolition or strip out.	**Very high (15)** **Possible / Fatal**	4.1 Use tool guards and screens to stop flying particles. [Control (engineering)] 4.2 Use dust extraction and water to keep dust out of the air. [Control (engineering)] 4.3 Keep others out of the area when cutting, grinding or chipping. [Control (procedures)] 4.4 Keep an eye wash station or eye wash bottles on site. [Control (procedures)] 4.5 Wear safety glasses at all times, goggles for dust and chemicals, and a face shield for grinding. [PPE] 4.6 Check for asbestos, lead, live services and structural risks before demolition starts. [Eliminate] 4.7 Disconnect and cap power, gas and water before demolition. [Isolate] 4.8 Set an exclusion zone bigger than the distance the structure could fall. [Isolate] 4.9 Use a machine with a guarded cab instead of hand demolition where practical. [Control (engineering)] 4.10 Use chutes or bins to get debris down. Never drop it from	**Medium (5)** **Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					height. [Control (engineering)] 4.11 Follow a written demolition plan, working from the top down. Do not remove supports out of sequence. [Control (procedures)] 4.12 Record the demolition, dismantling or strip-out arrangements in writing before work starts (CDM 2015 reg 20(2)). [Control (procedures)] 4.13 Wear a hard hat, safety glasses, dust mask, gloves and safety boots. [PPE]		
5	Load rubble by machine where possible, then clean up	Lifting and carrying heavy loads Poor housekeeping and waste Rules: Manual Handling Operations Regulations 1992	Workers, Visitors. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**High (12) Likely / Lost time injury**	5.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 5.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 5.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 5.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 5.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 5.6 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 5.7 Wear gloves for grip and safety boots to protect your feet. [PPE] 5.8 Order materials to size and send packaging back where you can. [Eliminate] 5.9 Put skips and waste chutes close to the work. [Control (engineering)] 5.10 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 5.11 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 5.12 Stack materials neatly on level ground, away from edges. [Control (procedures)] 5.13 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)] 5.14 Wear gloves when handling waste. [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

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1	Locate services under the slab before breaking	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	Saw cut edges 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.
3	Break with a jackhammer or excavator breaker, rotating jackhammer work	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.
4	Watch for flying chips and keep others back	Use tool guards and screens to stop flying particles. Use dust extraction and water to keep dust out of the air. Keep others out of the area when cutting, grinding or chipping.
5	Load rubble by machine where possible, then clean up	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. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Ear defenders Safety glasses FFP3 dust mask Rigger gloves Hi-vis vest Half-mask respirator (P3 filters) Safety helmet Safety goggles Face shield	None required

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Breaker					
Excavator (360)	CPCS or NPORS excavator card	Daily pre-use checks and PUWER inspection; if used to lift loads, LOLER thorough examination every 12 months and its lifting accessories every 6 months			
Skid steer loader	CPCS or NPORS skid steer card				
Cut-off saw		User check before each use; inspected and serviced to the maker's schedule (PUWER regs 5 and 6). Discs changed			

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

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