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	Rewire a house	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Electrical

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	Agree a room by room plan with the occupants and protect floors and furniture	Working in an occupied home or building Slips and trips	Residents, Children, Staff, Workers, Visitors, Public. How: Residents, staff or children wander into the work area and get hurt, or the work blocks exits or cuts off power or water while people are inside. Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries.	**Medium (9) Possible / Lost time injury**	1.1 Plan noisy, dusty or risky work for when the building is empty. [Eliminate] 1.2 Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. [Isolate] 1.3 Keep fire exits and paths clear at all times. [Control (procedures)] 1.4 Tell occupants before you turn off power, water or gas, and before noisy or dusty work. [Control (procedures)] 1.5 Lock away tools, chemicals and materials each day, out of reach of children. [Control (procedures)] 1.6 Clean up dust and debris at the end of each day. [Control (procedures)] 1.7 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 1.8 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 1.9 Slips and trips: see step 7 for the full controls [Control (procedures)]	**Low (4) Unlikely / Minor injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
2	Check the asbestos survey and look for old lead paint before cutting into walls and ceilings	Disturbing asbestos Lead paint dust and fumes Rules: Control of Asbestos Regulations 2012; Control of Lead at Work Regulations 2002	Workers, Occupants, Public, Residents, Children. How: Buildings built before 2000 may contain asbestos. Drilling, cutting or breaking it releases fibres that cause cancer years later. Lead paint was common before the 1970s and was used in some buildings until 1992. Sanding, scraping or heating it releases dust or fumes that poison workers and families, especially children.	**Very high (15)** **Possible / Fatal**	2.1 Before work on any building built before 2000, check the refurbishment and demolition asbestos survey for the work area (HSE HSG264). If there is none, presume asbestos is present or have it sampled before you start. [Eliminate] 2.2 Seal off the work area and keep everyone else out. [Isolate] 2.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum. [Control (engineering)] 2.4 Most asbestos insulation, coatings and insulating board need a licensed contractor. Notifiable non-licensed work is notified to HSE before it starts. Other work needs trained workers and controls. [Control (procedures)] 2.5 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Control (procedures)] 2.6 Wear a fit-tested FFP3 mask (or better) and disposable type 5 coveralls. [PPE] 2.7 Test old paint for lead before you sand, scrape, cut or heat it. [Eliminate] 2.8 Use wet scraping, chemical strippers or shrouded tools with extraction instead of dry sanding. Never burn off lead paint with an open flame. [Reduce / substitute] 2.9 Seal off the work area with plastic sheeting and keep residents, children and pets out. [Isolate] 2.10 Clean up with an H-class vacuum and wet wipes. Never dry sweep. [Control (engineering)] 2.11 Wash hands and face before eating, drinking or smoking. Change out of dusty clothes before going home. [Control (procedures)] 2.12 Wear an FFP3 mask, disposable coveralls and gloves. [PPE]	**Medium (5)** **Very unlikely / Fatal**	Site supervisor
3	Isolate the circuits being worked on, lock off and label and test to prove dead; run any temporary supply through RCD protection	Electric shock from live wiring Stored energy Electric shock from leads and power tools Rules: Electricity at Work Regulations 1989	Workers, Occupants. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Energy left in springs, hydraulics, compressed gas, raised loads or capacitors releases suddenly and crushes or injures workers.	**Very high (15)** **Possible / Fatal**	3.1 Isolate the power before any work. Do not work live. [Eliminate] 3.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 3.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 3.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 3.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 3.6 Release or block all stored energy before work: release the pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. [Eliminate] 3.7 Lock out and tag all energy sources with personal locks. [Isolate] 3.8 Put mechanical blocks or props under raised parts like buckets, tipper bodies and doors. [Control (engineering)]	**Medium (5)** **Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					3.9 Test that the system is dead and nothing can move before you start. [Control (procedures)] 3.10 Follow the maker's procedure, for example for garage door and roller door springs. [Control (procedures)] 3.11 Use battery-powered tools where you can. [Reduce / substitute] 3.12 Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. [Control (engineering)] 3.13 Keep leads off the ground and out of water, using lead stands or hooks. [Control (engineering)] 3.14 Check leads, plugs and tools before every use. Tag out and remove anything damaged. [Control (procedures)] 3.15 Keep tools and leads inspected and PAT tested on a regular schedule. [Control (procedures)] 3.16 Do not use tools in rain or wet areas unless they are rated for it. [Control (procedures)]		
4	Work in the ceiling space only on joists, with lighting and short breaks in hot weather	Falling through a floor opening or void Heat stress Poor lighting and night work Bites and stings Rules: Work at Height Regulations 2005	Workers, Visitors, Public. How: A worker steps into an open hole, stairwell, lift shaft or penetration and falls to the level below. Hard work in hot weather or hot roof spaces causes heat exhaustion or heat stroke, which can kill.	**Very high (15) Possible / Fatal**	4.1 Cover every hole and penetration with a fixed, secured cover marked "HOLE" or "DANGER". [Isolate] 4.2 Put guardrails with toe boards around stairwells, lift shafts, voids and open edges. [Isolate] 4.3 Install stairs early and fit temporary handrails as soon as they go in. [Control (engineering)] 4.4 Never remove a cover or guardrail without approval. Put it back straight away. [Control (procedures)] 4.5 Schedule heavy work for the cooler part of the day. [Eliminate] 4.6 Provide shade over work and rest areas, and fans or cooling in roof spaces. [Control (engineering)] 4.7 Supply cool drinking water close by and drink a cup every 15 to 20 minutes. [Control (procedures)] 4.8 Take regular rest breaks in the shade, more often as it gets hotter. [Control (procedures)] 4.9 Plan work for daylight hours where you can. [Eliminate] 4.10 Set up enough temporary lighting for the task, walkways, stairs and access points. [Control (engineering)] 4.11 Aim lights so they do not dazzle plant operators or drivers. [Control (engineering)] 4.12 Check lighting before work starts and carry a torch or head lamp. [Control (procedures)] 4.13 Check work areas before starting, and get pest control to remove nests. [Eliminate] 4.14 Look before you reach into dark spaces. [Control (procedures)] 4.15 Ask owners to keep pets away from the work area. [Control (procedures)] 4.16 Know who has allergies and keep their medication, such as an adrenaline auto-injector, close by. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor
5	Scan for pipes, then	Silica dust from	Workers, People	**Very high (20)**	5.1 Order materials cut to size, or use low-dust methods such as	**Medium (6)**	Site

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	chase walls and drill holes using dust extraction	concrete, brick, stone and tiles General dust Injury from power tools Gas and fuel lines Rules: COSHH Regulations 2002; Provision and Use of Work Equipment Regulations 1998 (PUWER); Gas Safety (Installation and Use) Regulations 1998	nearby, Occupants, Public. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes silicosis and lung cancer. Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see.	**Likely / Fatal**	score and snap or a block splitter. [Reduce / substitute] 5.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 5.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 5.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 5.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 5.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 5.7 Wear a fit-tested FFP3 mask. [PPE] 5.8 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 5.9 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 5.10 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 5.11 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 5.12 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 5.13 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 5.14 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 5.15 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 5.16 Isolate and purge the line before work, with the owner's approval. [Eliminate] 5.17 Lock off and tag the isolation valve. [Isolate] 5.18 Check for leaks with a gas detector before and during work, and ventilate the area. [Control (engineering)] 5.19 Only Gas Safe registered engineers work on gas fittings. [Control (procedures)]	**Unlikely / Lost time injury**	supervisor
6	Strip out old wiring, treating every cable as live until it is proven dead	Electric shock from live wiring Cuts from sharp edges Rules: Electricity at Work Regulations 1989	Workers, Occupants. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Sheet metal, glass, blades, cable tray and offcuts cut hands and arms.	**Very high (15) Possible / Fatal**	6.1 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 6.2 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 6.3 Electric shock from live wiring: see step 3 for the full controls [Control (procedures)] 6.4 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 6.5 Use knives with retractable or self-retracting blades. [Control (engineering)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					6.6 Cut away from your body and keep your other hand clear. [Control (procedures)] 6.7 Put used blades in a blade bin or sharps container. [Control (procedures)] 6.8 Use two people to handle large sheets of metal or glass. [Control (procedures)] 6.9 Wear cut-resistant gloves and long sleeves. [PPE]		
7	Pull in new cables, keeping walkways and stairs clear	Slips and trips Lifting and carrying heavy loads Rules: Manual Handling Operations Regulations 1992	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. Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**High (12) Likely / Lost time injury**	7.1 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 7.2 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 7.3 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 7.4 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 7.5 Keep work areas, stairs and access paths well lit. [Control (procedures)] 7.6 Wear safety boots with good grip, laced up. [PPE] 7.7 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 7.8 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 7.9 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 7.10 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 7.11 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 7.12 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 7.13 Wear gloves for grip and safety boots to protect your feet. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
8	Fit off sockets, switches and lights from a stable step or platform	Electric shock from leads and power tools Falling from a ladder Repetitive work and awkward postures Rules: Electricity at Work Regulations 1989; Work at Height Regulations 2005	Workers. How: Damaged leads, plugs or tools, or water near power, give the user an electric shock. The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface.	**High (12) Possible / Major injury**	8.1 Wear safety boots and dry gloves. [PPE] 8.2 Electric shock from leads and power tools: see step 3 for the full controls [Control (procedures)] 8.3 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 8.4 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 8.5 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)] 8.6 Use ladders only for short, light work (about 30 minutes in one spot). Do not carry heavy or awkward loads up a ladder. [Control	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					(procedures)] 8.7 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 8.8 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 8.9 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 8.10 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 8.11 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 8.12 Warm up before heavy physical work and report aches and pains early. [Control (procedures)]		
9	Test every circuit, re-energise, make good and hand over the certificate	Electric shock from live wiring Poor housekeeping and waste Rules: Electricity at Work Regulations 1989	Workers, Occupants, Visitors. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**Very high (15) Possible / Fatal**	9.1 Electric shock from live wiring: see step 3 for the full controls [Control (procedures)] 9.2 Order materials to size and send packaging back where you can. [Eliminate] 9.3 Put skips and waste chutes close to the work. [Control (engineering)] 9.4 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 9.5 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 9.6 Stack materials neatly on level ground, away from edges. [Control (procedures)] 9.7 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)] 9.8 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.

4. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Agree a room by room plan with the occupants and protect floors and furniture	Plan noisy, dusty or risky work for when the building is empty. Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. Keep fire exits and paths clear at all times.
2	Check the asbestos survey and look for old lead paint before cutting into walls and ceilings	Before work on any building built before 2000, check the refurbishment and demolition asbestos survey for the work area (HSE HSG264). If there is none, presume asbestos is present or have it sampled before you start. Seal off the work area and keep everyone else out. If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum.

Step	What we will do	How it is done safely
3	Isolate the circuits being worked on, lock off and label and test to prove dead; run any temporary supply through RCD protection	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.
4	Work in the ceiling space only on joists, with lighting and short breaks in hot weather	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.
5	Scan for pipes, then chase walls and drill holes using dust extraction	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.
6	Strip out old wiring, treating every cable as live until it is proven dead	If live work cannot be avoided, use a permit, a safety observer and insulated tools. Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. Electric shock from live wiring: see step 3 for the full controls
7	Pull in new cables, keeping walkways and stairs clear	Plan walkways and keep them clear of materials, hoses and leads. Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. Fill or cover holes, and lay boards or mats on muddy access paths.
8	Fit off sockets, switches and lights from a stable step or platform	Wear safety boots and dry gloves. Electric shock from leads and power tools: see step 3 for the full controls Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder.
9	Test every circuit, re-energise, make good and hand over the certificate	Electric shock from live wiring: see step 3 for the full controls Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety glasses FFP3 dust mask Rigger gloves Knee pads Half-mask respirator (P3 filters) Coveralls Insulated electrical gloves Arc-rated clothing and face shield Sun protection (sunscreen and neck cover) Hi-vis vest Ear defenders Cut-resistant gloves Safety helmet	Permit to work (electrical isolation)

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Electrical test equipment (multifunction tester)		Check leads and probes meet HSE GS38 before each use; prove the voltage indicator on a proving unit before and after; calibrate at the maker's interval (usually yearly)			
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Hand tools					
Stepladder		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			
SDS drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			

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

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