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	Consumer unit upgrade	**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	Tell the occupants when the power will be off and arrange a supply for medical or other critical equipment	Working in an occupied home or building	Residents, Children, Staff, Workers. 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.	**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)]	**Low (3) Very unlikely / Lost time injury**	Site supervisor
2	Set up barriers and good lighting at the consumer unit so no one else can reach the open board	Working in an occupied home or building Poor lighting and night work	Residents, Children, Staff, Workers, Public. How: Residents, staff or children wander into the work area and get hurt, or the work blocks exits	**Medium (9) Possible / Lost time injury**	2.1 Working in an occupied home or building: see step 1 for the full controls [Control (procedures)] 2.2 Plan work for daylight hours where you can. [Eliminate] 2.3 Set up enough temporary lighting for the task, walkways, stairs and access points. [Control (engineering)] 2.4 Aim lights so they do not dazzle plant operators or drivers.	**Low (3) Very unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			or cuts off power or water while people are inside. Dim or dark work areas hide trip hazards, edges and moving plant, and make workers hard to see.		[Control (engineering)] 2.5 Check lighting before work starts and carry a torch or head lamp. [Control (procedures)] 2.6 Wear hi-vis with reflective tape for night work. [PPE]		
3	Check the old consumer unit backing board and surrounds for asbestos	Disturbing asbestos Rules: Control of Asbestos Regulations 2012	Workers, Occupants, Public. How: Buildings built before 2000 may contain asbestos. Drilling, cutting or breaking it releases fibres that cause cancer years later.	**Very high (15) Possible / Fatal**	3.1 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] 3.2 Seal off the work area and keep everyone else out. [Isolate] 3.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum. [Control (engineering)] 3.4 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)] 3.5 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Control (procedures)] 3.6 Wear a fit-tested FFP3 mask (or better) and disposable type 5 coveralls. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
4	Agree how the supply will be isolated: switch off a double-pole isolator if one is fitted, or have the DNO (or someone with the DNO's written permission) withdraw the cut-out fuse. Never break a seal without permission. Then lock off and label, and prove dead. Treat the cut-out and meter tails as live until the supply is off	Electric shock from live wiring 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.	**Very high (15) Possible / Fatal**	4.1 Isolate the power before any work. Do not work live. [Eliminate] 4.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 4.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 4.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 4.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 4.6 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 4.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
5	With the supply proved dead, test the existing circuits (insulation resistance and continuity) and check	Electric shock from live wiring Rules: Electricity at Work Regulations 1989	Workers, Occupants. How: Contact with live wires, distribution boards or equipment gives an electric shock	**Very high (15) Possible / Fatal**	5.1 Electric shock from live wiring: see step 4 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	the main earthing and main protective bonding, so faults are found and recorded before the new board goes in		or arc flash burn that can kill.				
6	Remove the old consumer unit, labelling every circuit as it comes off	Electric shock from live wiring Cuts from sharp edges Lifting and carrying heavy loads Rules: Electricity at Work Regulations 1989; Manual Handling Operations Regulations 1992	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 Electric shock from live wiring: see step 4 for the full controls [Control (procedures)] 6.2 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 6.3 Use knives with retractable or self-retracting blades. [Control (engineering)] 6.4 Cut away from your body and keep your other hand clear. [Control (procedures)] 6.5 Put used blades in a blade bin or sharps container. [Control (procedures)] 6.6 Use two people to handle large sheets of metal or glass. [Control (procedures)] 6.7 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 6.8 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 6.9 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 6.10 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 6.11 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
7	Mount the new consumer unit, which must have a non-combustible (metal) enclosure in a home (BS 7671 reg 421.1.201), drilling with dust control and working from a stable step	Injury from power tools General dust Falling from a ladder Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER); Work at Height Regulations 2005	Workers, People nearby, Occupants. How: Drills, saws, routers and sanders kick back, catch clothing or throw debris, causing cuts, broken bones and eye injuries. Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see.	**High (12) Possible / Major injury**	7.1 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 7.2 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 7.3 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 7.4 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 7.5 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)] 7.6 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 7.7 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 7.8 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					7.9 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 7.10 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 7.11 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 7.12 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 7.13 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)] 7.14 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)] 7.15 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)]		
8	Terminate circuits with RCD protection and tighten connections to the right torque	Electric shock from leads and power tools Repetitive work and awkward postures Rules: Electricity at Work Regulations 1989	Workers. How: Damaged leads, plugs or tools, or water near power, give the user an electric shock. Doing the same movement for hours, kneeling or working overhead causes long-term damage to joints, muscles and tendons.	**High (12) Possible / Major injury**	8.1 Use battery-powered tools where you can. [Reduce / substitute] 8.2 Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. [Control (engineering)] 8.3 Keep leads off the ground and out of water, using lead stands or hooks. [Control (engineering)] 8.4 Check leads, plugs and tools before every use. Tag out and remove anything damaged. [Control (procedures)] 8.5 Keep tools and leads inspected and PAT tested on a regular schedule. [Control (procedures)] 8.6 Do not use tools in rain or wet areas unless they are rated for it. [Control (procedures)] 8.7 Wear safety boots and dry gloves. [PPE] 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)] 8.13 Wear knee pads for kneeling work and gloves for grip. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
9	Do the dead tests before re-energising (continuity of protective conductors, insulation resistance, polarity). Then	Electric shock from live wiring 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	**Very high (15) Possible / Fatal**	9.1 Electric shock from live wiring: see step 4 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	energise and do the live tests (earth fault loop impedance, prospective fault current, RCD operation) with GS38 test leads		can kill.				
10	Label the consumer unit, clean up and give the customer an Electrical Installation Certificate to BS 7671:2018+A4:2026. In England and Wales a consumer unit replacement is notifiable under Part P: register it through your competent person scheme, or tell building control before work starts	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**	10.1 Electric shock from live wiring: see step 4 for the full controls [Control (procedures)] 10.2 Order materials to size and send packaging back where you can. [Eliminate] 10.3 Put skips and waste chutes close to the work. [Control (engineering)] 10.4 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 10.5 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 10.6 Stack materials neatly on level ground, away from edges. [Control (procedures)] 10.7 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)] 10.8 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	Tell the occupants when the power will be off and arrange a supply for medical or other critical equipment	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	Set up barriers and good lighting at the consumer unit so no one else can reach the open board	Working in an occupied home or building: see step 1 for the full controls Plan work for daylight hours where you can. Set up enough temporary lighting for the task, walkways, stairs and access points.
3	Check the old consumer unit backing board and surrounds for asbestos	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.
4	Agree how the supply will be isolated: switch off a double-pole isolator if one is fitted, or have the DNO (or someone with the DNO's written permission) withdraw	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.

Step	What we will do	How it is done safely
	the cut-out fuse. Never break a seal without permission. Then lock off and label, and prove dead. Treat the cut-out and meter tails as live until the supply is off	
5	With the supply proved dead, test the existing circuits (insulation resistance and continuity) and check the main earthing and main protective bonding, so faults are found and recorded before the new board goes in	Electric shock from live wiring: see step 4 for the full controls
6	Remove the old consumer unit, labelling every circuit as it comes off	Electric shock from live wiring: see step 4 for the full controls Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. Use knives with retractable or self-retracting blades.
7	Mount the new consumer unit, which must have a non-combustible (metal) enclosure in a home (BS 7671 reg 421.1.201), drilling with dust control and working from a stable step	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. Only trained, competent people use power tools, following the maker's instructions.
8	Terminate circuits with RCD protection and tighten connections to the right torque	Use battery-powered tools where you can. Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. Keep leads off the ground and out of water, using lead stands or hooks.
9	Do the dead tests before re-energising (continuity of protective conductors, insulation resistance, polarity). Then energise and do the live tests (earth fault loop impedance, prospective fault current, RCD operation) with GS38 test leads	Electric shock from live wiring: see step 4 for the full controls
10	Label the consumer unit, clean up and give the customer an Electrical Installation Certificate to BS 7671:2018+A4:2026. In England and Wales a consumer unit replacement is notifiable under Part P: register it through your competent person scheme, or tell building control before work starts	Electric shock from live wiring: see step 4 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 Insulated electrical gloves Arc-rated clothing and face shield FFP3 dust mask Hi-vis vest Half-mask respirator (P3 filters) Coveralls Rigger gloves Cut-resistant gloves	Permit to work (electrical isolation)

Required PPE	Permits and plans
Ear defenders Safety helmet Knee pads	

6. PLANT AND EQUIPMENT

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)			
Hand tools					
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Stepladder		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			

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