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	Shed and garage construction	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	General building

2. WORK INVOLVING PARTICULAR RISKS (CDM 2015 SCHEDULE 3)

YES	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
	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	Get utility plans and pour the slab or footings	Hitting underground services Wet concrete and cement burns Rules: HSE HSG47 Avoiding danger from underground services	Workers, Public. How: Digging, drilling or driving pegs hits a buried power cable, gas pipe or water main, causing electrocution, explosion or flooding. Wet concrete, mortar and cement burn skin and eyes. Burns can be deep and are often not felt until later.	**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 Use long-handled tools and pumps to cut down contact. [Control (engineering)] 1.9 Wash concrete off skin straight away with clean water. [Control (procedures)] 1.10 Have clean water and eye wash where concrete or mortar is mixed and used. [Control (procedures)] 1.11 Do a COSHH assessment for cement, lime and mortar, and	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					check hands regularly for early signs of dermatitis. [Control (procedures)] 1.12 Wear waterproof gloves, long sleeves and waterproof boots with trousers worn over the top. [PPE] 1.13 Wear safety glasses or goggles to stop splashes. [PPE]		
2	Stand the frame and brace it straight away	Structural collapse during alterations Strong wind and storms Lifting and carrying heavy loads Rules: CDM Regulations 2015, regulation 19 (stability of structures); Manual Handling Operations Regulations 1992	Workers, Occupants, Public. How: Removing a wall, beam, post or bracing makes part of the building fall on workers. Wind blows sheets, panels and people off roofs and scaffolds, and storms and lightning make work at height and lifting unsafe.	**High (12) Possible / Major injury**	2.1 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Eliminate] 2.2 Keep everyone clear of the area under and next to the work. [Isolate] 2.3 Install temporary props, needles or shoring as designed before removing any support. [Control (engineering)] 2.4 Follow the engineer's sequence. Do not change it without approval. [Control (procedures)] 2.5 Check props daily. Do not remove them until the permanent support is in and approved. [Control (procedures)] 2.6 Check the forecast each morning and plan work at height and lifting around the weather. [Eliminate] 2.7 Tie down or weigh down loose sheets, panels, boards and rubbish at the end of each shift. [Control (engineering)] 2.8 Set wind limits for roof work, platforms and cranes, using the manufacturer's limits, and stop when they are reached. [Control (procedures)] 2.9 Stop work and get down in lightning. Wait 30 minutes after the last thunder before going back up. [Control (procedures)] 2.10 Check scaffold, fencing and edge protection after strong wind before anyone uses them. [Control (procedures)] 2.11 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 2.12 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 2.13 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 2.14 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 2.15 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
3	Fix wall and roof sheets, working from a secured ladder or scaffold	Falling from a ladder Falling from a roof edge Cuts from sharp edges Rules: Work at Height Regulations 2005	Workers, People below. How: The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface. A worker slips or walks off the edge of a roof or gutter line and falls to	**Very high (20) Likely / Fatal**	3.1 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 3.2 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 3.3 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)] 3.4 Use ladders only for short, light work (about 30 minutes in one	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			the ground.		spot). Do not carry heavy or awkward loads up a ladder. [Control (procedures)] 3.5 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 3.6 Do what you can from the ground or from a scaffold at the gutter line, for example pre-assemble parts on the ground. [Eliminate] 3.7 Install edge protection or guardrails on all open roof edges before work starts. [Isolate] 3.8 Use a perimeter scaffold with handrails and toe boards along the eaves where practical. [Control (engineering)] 3.9 Where guardrails cannot be fitted, use fall restraint on certified roof anchors so workers cannot reach the edge. [Control (engineering)] 3.10 Use one safe, controlled access point and keep others off the roof. [Control (procedures)] 3.11 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 3.12 Use knives with retractable or self-retracting blades. [Control (engineering)] 3.13 Cut away from your body and keep your other hand clear. [Control (procedures)] 3.14 Put used blades in a blade bin or sharps container. [Control (procedures)] 3.15 Use two people to handle large sheets of metal or glass. [Control (procedures)]		
4	Cut sheets with shears or nibblers rather than a grinder	Angle grinder injuries Fire from hot works Loud noise Rules: CDM 2015 regs 29 to 31 (fire on construction sites). Occupied premises: Regulatory Reform (Fire Safety) Order 2005 (England and Wales), Fire (Scotland) Act 2005, Fire Safety Regulations (NI) 2010; Control of Noise at Work Regulations 2005	Workers, People nearby, Occupants, Public. How: The disc shatters, binds or kicks back, causing deep cuts to legs and hands or eye injuries. Sparks and heat from welding, grinding or flame torches set fire to timber, insulation, rubbish or fuel nearby.	**Very high (15) Possible / Fatal**	4.1 Use a guarded saw or a different tool where you can. [Reduce / substitute] 4.2 Keep the guard on and use the side handle. Never remove the guard. [Control (engineering)] 4.3 Use the right disc for the job, rated for the grinder's speed. Check it for cracks first. [Control (procedures)] 4.4 Only trained people change discs, with the grinder unplugged or the battery out. [Control (procedures)] 4.5 Keep both hands on the grinder and let the disc stop before putting it down. [Control (procedures)] 4.6 Use cold work methods where you can, such as bolting, press fittings or cutting with a saw instead of a torch. [Eliminate] 4.7 Move anything that can burn at least 10 metres away, or cover it with fire blankets. [Isolate] 4.8 Use fire-resistant screens to stop sparks reaching people or gaps in walls and floors. [Control (engineering)] 4.9 Get a hot work permit before starting. [Control (procedures)] 4.10 Keep a charged fire extinguisher and fire blanket at the work spot. [Control (procedures)] 4.11 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					4.12 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 4.13 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 4.14 Limit time on noisy tools and rotate workers. [Control (procedures)] 4.15 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)] 4.16 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]		
5	Fit doors, flashings and clean up	Poor housekeeping and waste	Workers, Visitors. How: Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**Medium (8) Likely / Minor injury**	5.1 Order materials to size and send packaging back where you can. [Eliminate] 5.2 Put skips and waste chutes close to the work. [Control (engineering)] 5.3 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 5.4 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 5.5 Stack materials neatly on level ground, away from edges. [Control (procedures)] 5.6 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)] 5.7 Wear gloves when handling waste. [PPE]	**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.

4. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Get utility plans and pour the slab or footings	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	Stand the frame and brace it straight away	Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. Keep everyone clear of the area under and next to the work. Install temporary props, needles or shoring as designed before removing any support.
3	Fix wall and roof sheets, working from a secured ladder or scaffold	Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing.
4	Cut sheets with shears or nibblers rather than a grinder	Use a guarded saw or a different tool where you can. Keep the guard on and use the side handle. Never remove the guard. Use the

Step	What we will do	How it is done safely
		right disc for the job, rated for the grinder's speed. Check it for cracks first.
5	Fit doors, flashings and clean up	Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work. Clean as you go, and do a full clean up at the end of each day.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Cut-resistant gloves Safety glasses Ear defenders Full body harness and lanyard Sun protection (sunscreen and neck cover) Chemical-resistant gloves Safety goggles Knee pads Safety helmet Rigger gloves Face shield Welding gauntlets Coveralls	Roof access permit Work at height permit Hot works permit (fire watch at least 60 minutes after)

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Cement mixer		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Angle grinder (disc cutter)		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Extension ladder		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			
Hand tools					

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