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	Garden maintenance: mowing and hedges	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Landscaping

2. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Walk the area first, removing rocks and looking for hazards	Slips and trips Bites and stings	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. Spiders, wasps, bees, ticks and dogs bite or sting workers in roof spaces, under floors and in gardens.	**Medium (9) Possible / Lost time injury**	1.1 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 1.2 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 1.3 Slips and trips: see step 3 for the full controls [Control (procedures)] 1.4 Check work areas before starting, and get pest control to remove nests. [Eliminate] 1.5 Look before you reach into dark spaces. [Control (procedures)] 1.6 Ask owners to keep pets away from the work area. [Control (procedures)] 1.7 Know who has allergies and keep their medication, such as an adrenaline auto-injector, close by. [Control (procedures)] 1.8 Wear gloves, long sleeves and boots. Use insect repellent outdoors. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
2	Keep people and pets away when mowing and trimming	Public entering the work area Eye injuries Rules: CDM Regulations 2015	Public, Children, Workers, People nearby. How: Members of the public, including children, walk into the site and are hit by plant or falling objects, or fall into holes. Flying chips, dust, chemicals or sparks get into the eye and cause damage or blindness.	**High (12) Possible / Major injury**	2.1 Fence off the site with secure temporary fencing and lock the gates when you leave. [Isolate] 2.2 Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. [Isolate] 2.3 Use hoarding, covered walkways or catch fans where work is above public areas. [Control (engineering)] 2.4 Put signs at each entry: site name, contact number and "No unauthorised entry". [Control (procedures)] 2.5 Make the site safe at the end of each day: cover holes, lower plant, remove ladders and lock tools away. [Control (procedures)] 2.6 Use a spotter when moving plant or materials across public paths. [Control (procedures)] 2.7 Use tool guards and screens to stop flying particles. [Control (engineering)] 2.8 Use dust extraction and water to keep dust out of the air. [Control (engineering)]	**Low (4) Very unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					2.9 Keep others out of the area when cutting, grinding or chipping. [Control (procedures)] 2.10 Keep an eye wash station or eye wash bottles on site. [Control (procedures)] 2.11 Wear safety glasses at all times, goggles for dust and chemicals, and a face shield for grinding. [PPE]		
3	Mow slopes across, not up and down	Being hit by mobile plant Slips and trips Rules: CDM Regulations 2015 and PUWER 1998	Workers, Visitors, Public. How: Excavators, loaders, telehandlers and trucks run over or crush workers, especially when reversing or slewing. Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries.	**Very high (15) Possible / Fatal**	3.1 Separate people and plant with barriers, exclusion zones and marked walkways. [Isolate] 3.2 Use plant with working reversing alarms, cameras and lights. [Control (engineering)] 3.3 Have a traffic management plan showing plant routes, loading areas and pedestrian paths. [Control (procedures)] 3.4 Use a spotter when reversing or working near people. [Control (procedures)] 3.5 Make eye contact with the operator before going near. Stay out of the swing radius. [Control (procedures)] 3.6 Operators hold a CPCS, NPORS or equal card for the plant they use. [Control (procedures)] 3.7 Do a pre-start check on each machine every day and record it. [Control (procedures)] 3.8 Wear hi-vis clothing and a hard hat. [PPE] 3.9 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 3.10 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 3.11 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 3.12 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 3.13 Keep work areas, stairs and access paths well lit. [Control (procedures)] 3.14 Wear safety boots with good grip, laced up. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
4	Trim hedges from a platform, not a ladder	Falling from a ladder Injury from power tools Rules: Work at Height Regulations 2005; Provision and Use of Work Equipment Regulations 1998 (PUWER)	Workers, People nearby. How: The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface. Drills, saws, routers and sanders kick back, catch clothing or throw debris, causing cuts, broken bones and eye injuries.	**High (12) Possible / Major injury**	4.1 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 4.2 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 4.3 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)] 4.4 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)] 4.5 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 4.6 Do not work off the top three rungs of a leaning ladder. On a	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					stepladder, do not stand on the top two steps (top three on swing-back or double-sided steps) unless there is a suitable handhold. [Control (procedures)] 4.7 Check the ladder before each use: feet, rungs, stiles and locks. [Control (procedures)] 4.8 Wear non-slip safety boots with clean soles. [PPE] 4.9 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 4.10 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 4.11 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 4.12 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 4.13 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)] 4.14 Wear safety glasses and hearing protection. Do not wear loose gloves on drills or other rotating tools. [PPE]		
5	Spray weeds as the label says, in calm weather	Hazardous chemicals Strong wind and storms Rules: COSHH Regulations 2002	Workers, Occupants, Public. How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning. 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**	5.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 5.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 5.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 5.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 5.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 5.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 5.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 5.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE] 5.9 Check the forecast each morning and plan work at height and lifting around the weather. [Eliminate] 5.10 Tie down or weigh down loose sheets, panels, boards and rubbish at the end of each shift. [Control (engineering)] 5.11 Set wind limits for roof work, platforms and cranes, using the manufacturer's limits, and stop when they are reached. [Control (procedures)] 5.12 Stop work and get down in lightning. Wait 30 minutes after the last thunder before going back up. [Control (procedures)] 5.13 Check scaffold, fencing and edge protection after strong wind before anyone uses them. [Control (procedures)] 5.14 Do not carry large sheets on roofs in wind. [Control	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					(procedures)] 5.15 Wear a hard hat with a chin strap at height in windy conditions. [PPE]		
6	Clean up green waste	Lifting and carrying heavy loads Hand-arm and whole-body vibration Loud noise Poor housekeeping and waste Rules: Manual Handling Operations Regulations 1992; Control of Vibration at Work Regulations 2005; Control of Noise at Work Regulations 2005	Workers, People nearby, Visitors. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Long periods on jackhammers, grinders, compactors or riding plant cause white finger, numbness and back damage.	**High (12) Likely / Lost time injury**	6.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 6.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 6.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 6.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 6.5 Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. [Reduce / substitute] 6.6 Keep tools sharp and well maintained, and use anti-vibration handles and seats. [Control (engineering)] 6.7 Limit trigger time using the HSE vibration calculator to stay below the exposure action value, and rotate workers. [Control (procedures)] 6.8 Keep hands warm and dry, and take regular breaks. [Control (procedures)] 6.9 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 6.10 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 6.11 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 6.12 Limit time on noisy tools and rotate workers. [Control (procedures)] 6.13 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)] 6.14 Order materials to size and send packaging back where you can. [Eliminate] 6.15 Put skips and waste chutes close to the work. [Control (engineering)] 6.16 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.17 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.18 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)]	**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.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Walk the area first, removing rocks and looking for hazards	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. Slips and trips: see step 3 for the full controls
2	Keep people and pets away when mowing and trimming	Fence off the site with secure temporary fencing and lock the gates when you leave. Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. Use hoarding, covered walkways or catch fans where work is above public areas.
3	Mow slopes across, not up and down	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.
4	Trim hedges from a platform, not a ladder	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.
5	Spray weeds as the label says, in calm weather	Choose the least harmful product that does the job, for example water-based instead of solvent-based. Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. Do a COSHH assessment and read the Safety Data Sheet (SDS) before use.
6	Clean up green waste	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.

4. PPE AND PERMITS

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

5. PLANT AND EQUIPMENT

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

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Strimmer (brush cutter)					
Hedge trimmer					
Knapsack sprayer	City and Guilds PA1 and PA6 (or Lantra equivalent) for pesticides				
Trailer					

6. CREW COMPETENCY, TICKETS AND LICENCES

Crew listed at sign-on below, with ticket and licence numbers.

7. 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).		

8. 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.		

9. 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.

10. REVISION HISTORY

Rev	Date	By	What changed

Rev	Date	By	What changed
1	9 Nov 2026		First issue

11. 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