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	Airless spray painting	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Painting

2. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Mask off and ventilate the area, and remove ignition sources	Flammable liquids and gases Fire and emergencies Rules: Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR); 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	Workers, Occupants, Public, Visitors. How: Petrol, solvents, thinners and LPG catch fire or explode when vapour reaches a spark, flame or hot surface. A fire, injury or other emergency happens and workers cannot get out, raise the alarm or get first aid in time.	**High (10) Unlikely / Fatal**	1.1 Use non-flammable or water-based products where you can. [Reduce / substitute] 1.2 Keep ignition sources away: no smoking, no hot work and no running engines near flammables. [Isolate] 1.3 Store fuels and solvents in approved, closed containers in a ventilated area away from the work. [Control (engineering)] 1.4 Refuel equipment outdoors with the engine off and cool. [Control (procedures)] 1.5 Keep only what you need for the day on site. [Control (procedures)] 1.6 Store gas cylinders upright, secured and outdoors. [Control (procedures)] 1.7 Keep a suitable fire extinguisher where flammables are used or stored. [Control (procedures)] 1.8 Wear chemical gloves and safety glasses when pouring or mixing. [PPE] 1.9 Provide fire extinguishers suited to the site, checked and easy to reach. [Control (engineering)] 1.10 Keep exits and escape routes clear and signed. [Control (engineering)] 1.11 Have a site emergency plan: alarm, exits, assembly point and emergency contacts. [Control (procedures)] 1.12 Keep a stocked first aid kit and at least one trained first aider on site. [Control (procedures)] 1.13 Know the site address and how emergency services get in. Call 999. [Control (procedures)] 1.14 Go through the emergency plan with every worker and visitor at induction. [Control (procedures)] 1.15 Keep flammable materials and rubbish away from exits and escape routes. [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Check hoses and tip	Stored energy	Workers, Occupants.	**Medium (9) Possible /**	2.1 Release or block all stored energy before work: release the	**Medium (6) Unlikely /**	Site

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	guard, and lock the trigger when not spraying	Hazardous chemicals Rules: COSHH Regulations 2002	How: Energy left in springs, hydraulics, compressed gas, raised loads or capacitors releases suddenly and crushes or injures workers. Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning.	**Lost time injury**	pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. [Eliminate] 2.2 Lock out and tag all energy sources with personal locks. [Isolate] 2.3 Stored energy: see step 5 for the full controls [Control (procedures)] 2.4 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 2.5 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 2.6 Hazardous chemicals: see step 4 for the full controls [Control (procedures)]	**Lost time injury**	supervisor
3	Never point the gun at anyone or put a hand near the tip	Stored energy Cuts from sharp edges	Workers. How: Energy left in springs, hydraulics, compressed gas, raised loads or capacitors releases suddenly and crushes or injures workers. Sheet metal, glass, blades, cable tray and offcuts cut hands and arms.	**Medium (8) Unlikely / Major injury**	3.1 Put mechanical blocks or props under raised parts like buckets, tipper bodies and doors. [Control (engineering)] 3.2 Test that the system is dead and nothing can move before you start. [Control (procedures)] 3.3 Stored energy: see step 5 for the full controls [Control (procedures)] 3.4 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 3.5 Use knives with retractable or self-retracting blades. [Control (engineering)] 3.6 Cut away from your body and keep your other hand clear. [Control (procedures)] 3.7 Put used blades in a blade bin or sharps container. [Control (procedures)] 3.8 Use two people to handle large sheets of metal or glass. [Control (procedures)] 3.9 Wear cut-resistant gloves and long sleeves. [PPE]	**Low (4) Very unlikely / Major injury**	Site supervisor
4	Spray with a respirator and goggles, keeping others out	Hazardous chemicals Eye injuries Rules: COSHH Regulations 2002	Workers, Occupants, People nearby. How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning. Flying chips, dust, chemicals or sparks get into the eye and cause damage or blindness.	**Medium (9) Possible / Lost time injury**	4.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 4.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 4.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 4.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 4.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 4.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 4.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 4.8 Use a respirator with the right cartridge if the SDS calls for one.	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					[PPE] 4.9 Use tool guards and screens to stop flying particles. [Control (engineering)] 4.10 Use dust extraction and water to keep dust out of the air. [Control (engineering)] 4.11 Keep others out of the area when cutting, grinding or chipping. [Control (procedures)] 4.12 Keep an eye wash station or eye wash bottles on site. [Control (procedures)] 4.13 Wear safety glasses at all times, goggles for dust and chemicals, and a face shield for grinding. [PPE]		
5	Release pressure before cleaning or changing tips	Stored energy	Workers. How: Energy left in springs, hydraulics, compressed gas, raised loads or capacitors releases suddenly and crushes or injures workers.	**Medium (8) Unlikely / Major injury**	5.1 Release or block all stored energy before work: release the pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. [Eliminate] 5.2 Lock out and tag all energy sources with personal locks. [Isolate] 5.3 Put mechanical blocks or props under raised parts like buckets, tipper bodies and doors. [Control (engineering)] 5.4 Test that the system is dead and nothing can move before you start. [Control (procedures)] 5.5 Follow the maker's procedure, for example for garage door and roller door springs. [Control (procedures)] 5.6 Wear safety glasses and gloves. [PPE]	**Low (4) Very unlikely / Major injury**	Site supervisor
6	Clean the pump and dispose of solvent waste properly	Flammable liquids and gases Poor housekeeping and waste Rules: Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR)	Workers, Occupants, Public, Visitors. How: Petrol, solvents, thinners and LPG catch fire or explode when vapour reaches a spark, flame or hot surface. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**High (10) Unlikely / Fatal**	6.1 Flammable liquids and gases: see step 1 for the full controls [Control (procedures)] 6.2 Order materials to size and send packaging back where you can. [Eliminate] 6.3 Put skips and waste chutes close to the work. [Control (engineering)] 6.4 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.5 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.6 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.7 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)] 6.8 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.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Mask off and ventilate the area, and remove ignition sources	Use non-flammable or water-based products where you can. Keep ignition sources away: no smoking, no hot work and no running engines near flammables. Store fuels and solvents in approved, closed containers in a ventilated area away from the work.
2	Check hoses and tip guard, and lock the trigger when not spraying	Release or block all stored energy before work: release the pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. Lock out and tag all energy sources with personal locks. Stored energy: see step 5 for the full controls
3	Never point the gun at anyone or put a hand near the tip	Put mechanical blocks or props under raised parts like buckets, tipper bodies and doors. Test that the system is dead and nothing can move before you start. Stored energy: see step 5 for the full controls
4	Spray with a respirator and goggles, keeping others out	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.
5	Release pressure before cleaning or changing tips	Release or block all stored energy before work: release the pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. Lock out and tag all energy sources with personal locks. Put mechanical blocks or props under raised parts like buckets, tipper bodies and doors.
6	Clean the pump and dispose of solvent waste properly	Flammable liquids and gases: see step 1 for the full controls Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work.

4. PPE AND PERMITS

Required PPE	Permits and plans
Half-mask respirator (P3 filters) Safety goggles Coveralls Chemical-resistant gloves Safety boots Safety glasses Rigger gloves Cut-resistant gloves Face shield	Permit to work (electrical isolation)

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Airless paint sprayer					
Air		Pressure system: written scheme of examination by a competent person (Pressure Systems Safety Regulations 2000), plus pre-use hose			

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
compressor		and coupling checks			
Mobile access tower	PASMA certificate	Inspected by a competent person after assembly, after anything that could affect stability (such as high winds or alteration) and at least every 7 days where a fall of 2 m or more is possible; report within 24 hours (Work at Height Regulations 2005 reg 12, Schedule 7); re-inspect each time the tower is moved and re-erected			
Scissor lift (MEWP)	IPAF PAL card (3a)	LOLER thorough examination at least every 6 months (it lifts people), plus a pre-use check each shift			

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
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