# 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** | Epoxy floor coating | **Start date** | 9 Nov 2026 |
| **Working hours** | 7:00 am to 3:30 pm | **Trade** | Painting |

## 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 | Close the area and set up fresh air ventilation | Hazardous chemicals<br>Confined space entry<br><br>Rules: COSHH Regulations 2002; Confined Spaces Regulations 1997 | Workers, Occupants, Rescuers.<br>How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning. Bad air, toxic gas or engulfment in a tank, pit, sewer or manhole overcomes workers and the people who try to rescue them. | **High (10) Unlikely / Fatal** | 1.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute]<br>1.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)]<br>1.3 Hazardous chemicals: see step 3 for the full controls [Control (procedures)]<br>1.4 Do the work from outside the space where you can, using cameras or long-reach tools. [Eliminate]<br>1.5 Isolate and lock out all pipes, power and moving parts going into the space. [Isolate]<br>1.6 Test the air for oxygen, flammable and toxic gases before entry, and keep testing during the work. [Control (engineering)]<br>1.7 Use forced ventilation to keep the air clean. [Control (engineering)]<br>1.8 Issue a confined space entry permit before anyone goes in. Only trained workers enter. [Control (procedures)]<br>1.9 Keep a trained standby person outside at all times, in contact with those inside. [Control (procedures)]<br>1.10 Set up a rescue plan and rescue gear before entry. Never go in to rescue without the right gear. [Control (procedures)] | **Medium (6) Unlikely / Lost time injury** | Site supervisor |

| # | Activity / step | Hazards | Who might be harmed and how | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|---|
| | | | | | 1.11 Wear a harness for retrieval and the respirator the air test calls for. [PPE] | | |
| 2 | Grind the slab with extraction to prepare the surface | Silica dust from concrete, brick, stone and tiles<br>Loud noise<br>Angle grinder injuries<br><br>Rules: COSHH Regulations 2002; Control of Noise at Work Regulations 2005 | Workers, People nearby.<br>How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes silicosis and lung cancer. Saws, grinders, jackhammers and machines cause permanent hearing loss and ringing in the ears over time. | **Very high (20) Likely / Fatal** | 2.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute]<br>2.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate]<br>2.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)]<br>2.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)]<br>2.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)]<br>2.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)]<br>2.7 Wear a fit-tested FFP3 mask. [PPE]<br>2.8 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute]<br>2.9 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate]<br>2.10 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)]<br>2.11 Limit time on noisy tools and rotate workers. [Control (procedures)]<br>2.12 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)]<br>2.13 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]<br>2.14 Use a guarded saw or a different tool where you can. [Reduce / substitute]<br>2.15 Keep the guard on and use the side handle. Never remove the guard. [Control (engineering)]<br>2.16 Use the right disc for the job, rated for the grinder's speed. Check it for cracks first. [Control (procedures)]<br>2.17 Only trained people change discs, with the grinder unplugged or the battery out. [Control (procedures)]<br>2.18 Keep both hands on the grinder and let the disc stop before putting it down. [Control (procedures)] | **Medium (8) Unlikely / Major injury** | Site supervisor |
| 3 | Mix epoxy with gloves and goggles, and avoid skin contact | Hazardous chemicals<br>Eye injuries<br><br>Rules: COSHH Regulations 2002 | Workers, Occupants, People nearby.<br>How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or | **Medium (9) Possible / Lost time injury** | 3.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute]<br>3.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)]<br>3.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] | **Medium (6) Unlikely / Lost time injury** | Site supervisor |

| # | Activity / step | Hazards | Who might be harmed and how | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|---|
| | | | cause breathing problems and poisoning. Flying chips, dust, chemicals or sparks get into the eye and cause damage or blindness. | | 3.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)]<br>3.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)]<br>3.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)]<br>3.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE]<br>3.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE]<br>3.9 Use tool guards and screens to stop flying particles. [Control (engineering)]<br>3.10 Use dust extraction and water to keep dust out of the air. [Control (engineering)]<br>3.11 Keep others out of the area when cutting, grinding or chipping. [Control (procedures)]<br>3.12 Keep an eye wash station or eye wash bottles on site. [Control (procedures)]<br>3.13 Wear safety glasses at all times, goggles for dust and chemicals, and a face shield for grinding. [PPE] | | |
| 4 | Roll coats on, working towards the exit | Repetitive work and awkward postures<br>Flammable liquids and gases<br><br>Rules: Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR) | Workers, Occupants, Public.<br>How: Doing the same movement for hours, kneeling or working overhead causes long-term damage to joints, muscles and tendons. Petrol, solvents, thinners and LPG catch fire or explode when vapour reaches a spark, flame or hot surface. | **High (10) Unlikely / Fatal** | 4.1 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute]<br>4.2 Set work up at waist height on benches or trestles where you can. [Control (engineering)]<br>4.3 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)]<br>4.4 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)]<br>4.5 Warm up before heavy physical work and report aches and pains early. [Control (procedures)]<br>4.6 Wear knee pads for kneeling work and gloves for grip. [PPE]<br>4.7 Use non-flammable or water-based products where you can. [Reduce / substitute]<br>4.8 Keep ignition sources away: no smoking, no hot work and no running engines near flammables. [Isolate]<br>4.9 Store fuels and solvents in approved, closed containers in a ventilated area away from the work. [Control (engineering)]<br>4.10 Refuel equipment outdoors with the engine off and cool. [Control (procedures)]<br>4.11 Keep only what you need for the day on site. [Control (procedures)]<br>4.12 Store gas cylinders upright, secured and outdoors. [Control (procedures)]<br>4.13 Keep a suitable fire extinguisher where flammables are used or stored. [Control (procedures)]<br>4.14 Wear chemical gloves and safety glasses when pouring or | **Medium (6) Unlikely / Lost time injury** | Site supervisor |

| # | Activity / step | Hazards | Who might be harmed and how | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|---|
| | | | | | mixing. [PPE] | | |
| 5 | Keep the floor closed until cured and dispose of empty kits | Slips and trips<br>Poor housekeeping and waste | Workers, Visitors, Public.<br>How: Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits. | **Medium (8) Likely / Minor injury** | 5.1 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate]<br>5.2 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)]<br>5.3 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)]<br>5.4 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)]<br>5.5 Keep work areas, stairs and access paths well lit. [Control (procedures)]<br>5.6 Wear safety boots with good grip, laced up. [PPE]<br>5.7 Order materials to size and send packaging back where you can. [Eliminate]<br>5.8 Put skips and waste chutes close to the work. [Control (engineering)]<br>5.9 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)]<br>5.10 Keep exits, stairs and walkways clear at all times. [Control (procedures)]<br>5.11 Stack materials neatly on level ground, away from edges. [Control (procedures)]<br>5.12 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)]<br>5.13 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 | Close the area and set up fresh air ventilation | 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. Hazardous chemicals: see step 3 for the full controls |
| 2 | Grind the slab with extraction to prepare the surface | 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. |
| 3 | Mix epoxy with gloves and goggles, and avoid skin contact | 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. |

| Step | What we will do | How it is done safely |
|---|---|---|
| 4 | Roll coats on, working towards the exit | Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. Set work up at waist height on benches or trestles where you can. Use light tools with good grips, and keep blades and bits sharp. |
| 5 | Keep the floor closed until cured and dispose of empty kits | 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. |

## 5. PPE AND PERMITS

| Required PPE | Permits and plans |
|---|---|
| Half-mask respirator (P3 filters)<br>Chemical-resistant gloves<br>Safety goggles<br>Knee pads<br>Safety boots<br>Coveralls<br>Safety glasses<br>Ear defenders<br>Face shield<br>Cut-resistant gloves<br>Rigger gloves | None required |

## 6. PLANT AND EQUIPMENT

| Plant / equipment | Licence or training needed | Inspection needed | Rego / ID | Last inspected | Certificate / report |
|---|---|---|---|---|---|
| Angle grinder (disc cutter) | | User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site) | | | |
| H-class dust extractor | | User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site) | | | |
| 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 |
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| Name | Role / company | Tickets / licences | Inducted | Signature | Date |
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