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	Exterior house painting	**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)

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
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	Check for power lines and set up barricades under the work	Contact with overhead power lines Public entering the work area Falling tools and materials Rules: HSE GS6 Avoiding danger from overhead power lines; CDM Regulations 2015; Work at Height Regulations 2005, regulation 10 (falling objects)	Workers, Plant operators, Public, Children, People below. How: A ladder, MEWP, crane, tipper or long length of material touches or gets close to an overhead line and electrocutes people. Members of the public, including children, walk into the site and are hit by plant or falling objects, or fall into holes.	**High (12) Possible / Major injury**	1.1 Ask the distribution network operator (DNO) to turn off, move or insulate the lines before work starts. [Eliminate] 1.2 Use non-conductive (fibreglass) ladders near any power lines. [Reduce / substitute] 1.3 Mark the safe distance with flags, tape or goal posts and keep all plant and people outside it. [Isolate] 1.4 Follow HSE GS6: barriers, goal posts under the lines and a permit for work near them. [Control (procedures)] 1.5 Use a dedicated spotter whenever plant moves or raises anything near lines. [Control (procedures)] 1.6 Treat all lines as live. If plant touches a line, stay in the cab and keep everyone well away. [Control (procedures)] 1.7 Fence off the site with secure temporary fencing and lock the gates when you leave. [Isolate] 1.8 Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. [Isolate] 1.9 Use hoarding, covered walkways or catch fans where work is above public areas. [Control (engineering)] 1.10 Put signs at each entry: site name, contact number and "No unauthorised entry". [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					1.11 Make the site safe at the end of each day: cover holes, lower plant, remove ladders and lock tools away. [Control (procedures)] 1.12 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Isolate] 1.13 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Control (engineering)] 1.14 Use catch fans, debris netting or covered walkways where people pass below. [Control (engineering)] 1.15 Tether hand tools when working at height. [Control (engineering)] 1.16 Keep platforms tidy. Do not stack materials near edges or above toe board height. [Control (procedures)]		
2	Set up scaffold, MEWP or secured ladders on firm ground	Falling from height Falling from a ladder MEWP tip-over or crush Scaffold collapse or fall from scaffold Rules: Work at Height Regulations 2005; Work at Height Regulations 2005 and LOLER 1998	Workers, People below, People nearby, Public. How: A worker falls from any height where a fall could cause injury, such as an edge, platform or opening. The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface.	**Very high (20) Likely / Fatal**	2.1 Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. [Eliminate] 2.2 Install guardrails or edge protection on all open edges before work starts. [Isolate] 2.3 Use a scaffold, mobile tower or MEWP instead of working off a ladder. [Control (engineering)] 2.4 Where edge protection is not practical, use a fall restraint or fall arrest system on a rated anchor point. [Control (engineering)] 2.5 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 2.6 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 2.7 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)] 2.8 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)] 2.9 Check the ground before setting up. Use outriggers and spreader pads, and keep clear of trenches, pits and slopes. [Control (engineering)] 2.10 Use a platform with tilt alarm and secondary guarding (anti-entrapment) where there is an overhead crush risk. [Control (engineering)] 2.11 Use IPAF-trained operators for MEWPs, carrying their PAL card. [Control (procedures)] 2.12 Do a pre-start check each day. Keep a trained person on the ground who can lower the platform in an emergency. [Control (procedures)] 2.13 Never exceed the safe working load, climb on the rails or use a ladder in the basket. [Control (procedures)] 2.14 Scaffold is built, altered and taken down only by CISRS-carded scaffolders, to TG20 or a specific design. [Control (engineering)] 2.15 Fit guardrails, mid rails and toe boards on every working	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					platform. [Control (engineering)] 2.16 Use mobile scaffolds only on firm, level ground with castors locked and outriggers fitted. Never move one with anyone on it. [Control (engineering)] 2.17 Mobile towers are built by PASMA-trained workers. [Control (procedures)] 2.18 Inspect the scaffold before first use, after any change or bad weather, and at least every 7 days. Record it on the tag and register. [Control (procedures)]		
3	Test for lead paint and asbestos sheeting before any prep	Lead paint dust and fumes Disturbing asbestos Rules: Control of Lead at Work Regulations 2002; Control of Asbestos Regulations 2012	Workers, Residents, Children, Occupants, Public. How: Lead paint was common before the 1970s and was used in some buildings until 1992. Sanding, scraping or heating it releases dust or fumes that poison workers and families, especially children. 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 Test old paint for lead before you sand, scrape, cut or heat it. [Eliminate] 3.2 Use wet scraping, chemical strippers or shrouded tools with extraction instead of dry sanding. Never burn off lead paint with an open flame. [Reduce / substitute] 3.3 Seal off the work area with plastic sheeting and keep residents, children and pets out. [Isolate] 3.4 Clean up with an H-class vacuum and wet wipes. Never dry sweep. [Control (engineering)] 3.5 Wash hands and face before eating, drinking or smoking. Change out of dusty clothes before going home. [Control (procedures)] 3.6 Wear an FFP3 mask, disposable coveralls and gloves. [PPE] 3.7 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] 3.8 Seal off the work area and keep everyone else out. [Isolate] 3.9 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum. [Control (engineering)] 3.10 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)] 3.11 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Control (procedures)] 3.12 Wear a fit-tested FFP3 mask (or better) and disposable type 5 coveralls. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
4	Wash down and scrape, keeping water away from power	High pressure water jetting Electric shock from leads and power tools Slips and trips Rules: Electricity at	Workers, People nearby, Visitors, Public. How: High pressure water cuts through skin and injects water and dirt into the body, or the hose whips. Damaged	**High (12) Possible / Major injury**	4.1 Set an exclusion zone around the jetting area. [Isolate] 4.2 Use a dead man's trigger that stops the jet when released, and check hoses and fittings before use. [Control (engineering)] 4.3 Only trained operators use high pressure jetting gear. [Control (procedures)] 4.4 Never point the lance at anyone or put a hand in front of it. [Control (procedures)]	**Low (4) Very unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Work Regulations 1989	leads, plugs or tools, or water near power, give the user an electric shock.		4.5 Treat any jetting injury as serious and go to hospital, even if it looks small. [Control (procedures)] 4.6 Use battery-powered tools where you can. [Reduce / substitute] 4.7 Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. [Control (engineering)] 4.8 Keep leads off the ground and out of water, using lead stands or hooks. [Control (engineering)] 4.9 Check leads, plugs and tools before every use. Tag out and remove anything damaged. [Control (procedures)] 4.10 Keep tools and leads inspected and PAT tested on a regular schedule. [Control (procedures)] 4.11 Do not use tools in rain or wet areas unless they are rated for it. [Control (procedures)] 4.12 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 4.13 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 4.14 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 4.15 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 4.16 Keep work areas, stairs and access paths well lit. [Control (procedures)]		
5	Paint or spray, watching wind drift	Hazardous chemicals Strong wind and storms Sun exposure (UV) Heat stress 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 Check the forecast each morning and plan work at height and lifting around the weather. [Eliminate] 5.6 Tie down or weigh down loose sheets, panels, boards and rubbish at the end of each shift. [Control (engineering)] 5.7 Set wind limits for roof work, platforms and cranes, using the manufacturer's limits, and stop when they are reached. [Control (procedures)] 5.8 Stop work and get down in lightning. Wait 30 minutes after the last thunder before going back up. [Control (procedures)] 5.9 Plan outdoor work for early morning or late afternoon when UV is lower. [Eliminate] 5.10 Put shade covers over fixed work areas. [Control (engineering)] 5.11 Check the UV index each day. Use sun protection when it is 3 or higher. [Control (procedures)] 5.12 Check your skin regularly and see a doctor about any new or	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					changing spots. [Control (procedures)] 5.13 Schedule heavy work for the cooler part of the day. [Eliminate] 5.14 Provide shade over work and rest areas, and fans or cooling in roof spaces. [Control (engineering)] 5.15 Supply cool drinking water close by and drink a cup every 15 to 20 minutes. [Control (procedures)] 5.16 Take regular rest breaks in the shade, more often as it gets hotter. [Control (procedures)]		
6	Clean up, dispose of waste paint properly and remove access	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**	6.1 Order materials to size and send packaging back where you can. [Eliminate] 6.2 Put skips and waste chutes close to the work. [Control (engineering)] 6.3 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.4 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.5 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.6 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)] 6.7 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	Check for power lines and set up barricades under the work	Ask the distribution network operator (DNO) to turn off, move or insulate the lines before work starts. Use non-conductive (fibreglass) ladders near any power lines. Mark the safe distance with flags, tape or goal posts and keep all plant and people outside it.
2	Set up scaffold, MEWP or secured ladders on firm ground	Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. Install guardrails or edge protection on all open edges before work starts. Use a scaffold, mobile tower or MEWP instead of working off a ladder.
3	Test for lead paint and asbestos sheeting before any prep	Test old paint for lead before you sand, scrape, cut or heat it. Use wet scraping, chemical strippers or shrouded tools with extraction instead of dry sanding. Never burn off lead paint with an open flame. Seal off the work area with plastic sheeting and keep residents, children and pets out.
4	Wash down and scrape, keeping water away from power	Set an exclusion zone around the jetting area. Use a dead man's trigger that stops the jet when released, and check hoses and fittings before use. Only trained operators use high pressure jetting gear.
5	Paint or spray, watching wind drift	Choose the least harmful product that does the job, for example water-based instead of solvent-based. Use chemicals in

Step	What we will do	How it is done safely
		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, dispose of waste paint properly and remove access	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 Safety glasses FFP3 dust mask Chemical-resistant gloves Sun protection (sunscreen and neck cover) Full body harness and lanyard Hi-vis vest Safety helmet Half-mask respirator (P3 filters) Coveralls Rigger gloves Face shield Ear defenders Safety goggles	Work at height permit

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Extension ladder		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			
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			
Boom MEWP	IPAF PAL card (3b)	LOLER thorough examination at least every 6 months (it lifts people), plus a pre-use check each shift			
Pressure washer (jet wash)					
Airless					

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

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

Rev	Date	By	What changed

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