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	Lead paint removal	**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	Test the paint, tell the occupants, and keep children and pregnant people away	Lead paint dust and fumes Working in an occupied home or building Rules: Control of Lead at Work Regulations 2002	Workers, Residents, Children, Staff. 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. Residents, staff or children wander into the work area and get hurt, or the work blocks exits or cuts off power or water while people are inside.	**High (12) Possible / Major injury**	1.1 Test old paint for lead before you sand, scrape, cut or heat it. [Eliminate] 1.2 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] 1.3 Lead paint dust and fumes: see step 8 for the full controls [Control (procedures)] 1.4 Plan noisy, dusty or risky work for when the building is empty. [Eliminate] 1.5 Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. [Isolate] 1.6 Keep fire exits and paths clear at all times. [Control (procedures)] 1.7 Tell occupants before you turn off power, water or gas, and before noisy or dusty work. [Control (procedures)] 1.8 Lock away tools, chemicals and materials each day, out of reach of children. [Control (procedures)] 1.9 Clean up dust and debris at the end of each day. [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
2	Turn off heating and cooling and close windows and vents in the work area	Lead paint dust and fumes General dust Rules: Control of Lead at Work Regulations 2002	Workers, Residents, Children, Occupants. 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. Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see.	**High (12) Possible / Major injury**	2.1 Seal off the work area with plastic sheeting and keep residents, children and pets out. [Isolate] 2.2 Clean up with an H-class vacuum and wet wipes. Never dry sweep. [Control (engineering)] 2.3 Lead paint dust and fumes: see step 8 for the full controls [Control (procedures)] 2.4 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 2.5 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 2.6 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 2.7 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 2.8 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 2.9 Wear a dust mask and safety glasses. [PPE]	**Low (4) Very unlikely / Major injury**	Site supervisor
3	Seal the area with plastic and warning signs	Lead paint dust and fumes Public entering the work area Rules: Control of Lead at Work Regulations 2002; CDM Regulations 2015	Workers, Residents, Children, 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. 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**	3.1 Wash hands and face before eating, drinking or smoking. Change out of dusty clothes before going home. [Control (procedures)] 3.2 Wear an FFP3 mask, disposable coveralls and gloves. [PPE] 3.3 Lead paint dust and fumes: see step 8 for the full controls [Control (procedures)] 3.4 Fence off the site with secure temporary fencing and lock the gates when you leave. [Isolate] 3.5 Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. [Isolate] 3.6 Use hoarding, covered walkways or catch fans where work is above public areas. [Control (engineering)] 3.7 Put signs at each entry: site name, contact number and "No unauthorised entry". [Control (procedures)] 3.8 Make the site safe at the end of each day: cover holes, lower plant, remove ladders and lock tools away. [Control (procedures)] 3.9 Use a spotter when moving plant or materials across public paths. [Control (procedures)]	**Low (4) Very unlikely / Major injury**	Site supervisor
4	Put on coveralls and a fitted respirator, and set up a wash point	Lead paint dust and fumes Hazardous chemicals Rules: Control of Lead at Work Regulations 2002; COSHH Regulations 2002	Workers, Residents, Children, Occupants. 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	**High (12) Possible / Major injury**	4.1 Lead paint dust and fumes: see step 8 for the full controls [Control (procedures)] 4.2 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 4.3 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 4.4 Hazardous chemicals: see step 6 for the full controls [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
			families, especially children. Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning.				
5	Mist and wet scrape the paint; no dry sanding or open flame	Lead paint dust and fumes Hazardous chemicals Rules: Control of Lead at Work Regulations 2002; COSHH Regulations 2002	Workers, Residents, Children, Occupants. 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. Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning.	**High (12) Possible / Major injury**	5.1 Lead paint dust and fumes: see step 8 for the full controls [Control (procedures)] 5.2 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 5.3 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 5.4 Hazardous chemicals: see step 6 for the full controls [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
6	Use chemical strippers with ventilation and chemical gloves	Hazardous chemicals Flammable liquids and gases Rules: COSHH Regulations 2002; Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR)	Workers, Occupants, Public. How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning. Petrol, solvents, thinners and LPG catch fire or explode when vapour reaches a spark, flame or hot surface.	**High (10) Unlikely / Fatal**	6.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 6.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 6.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 6.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 6.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 6.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 6.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 6.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE] 6.9 Use non-flammable or water-based products where you can. [Reduce / substitute] 6.10 Keep ignition sources away: no smoking, no hot work and no	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					running engines near flammables. [Isolate] 6.11 Store fuels and solvents in approved, closed containers in a ventilated area away from the work. [Control (engineering)] 6.12 Refuel equipment outdoors with the engine off and cool. [Control (procedures)] 6.13 Keep only what you need for the day on site. [Control (procedures)] 6.14 Store gas cylinders upright, secured and outdoors. [Control (procedures)] 6.15 Keep a suitable fire extinguisher where flammables are used or stored. [Control (procedures)] 6.16 Wear chemical gloves and safety glasses when pouring or mixing. [PPE]		
7	Use a heat gun only on low settings, below the temperature that makes lead fumes	Burns from hot surfaces Fire from hot works Lead paint dust and fumes 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 Lead at Work Regulations 2002	Workers, Occupants, Public, Residents, Children. How: Touching hot pipes, tools, bitumen, solder or freshly welded metal burns the skin. Sparks and heat from welding, grinding or flame torches set fire to timber, insulation, rubbish or fuel nearby.	**Very high (15) Possible / Fatal**	7.1 Isolate heating systems and let parts cool before you touch them. [Eliminate] 7.2 Fit guards or insulation on hot pipes and equipment. [Control (engineering)] 7.3 Mark hot items with chalk or a "HOT" sign so others know. [Control (procedures)] 7.4 Keep a first aid kit and cool running water nearby for burns. [Control (procedures)] 7.5 Wear heat-resistant gloves and long sleeves. [PPE] 7.6 Use cold work methods where you can, such as bolting, press fittings or cutting with a saw instead of a torch. [Eliminate] 7.7 Move anything that can burn at least 10 metres away, or cover it with fire blankets. [Isolate] 7.8 Use fire-resistant screens to stop sparks reaching people or gaps in walls and floors. [Control (engineering)] 7.9 Get a hot work permit before starting. [Control (procedures)] 7.10 Keep a charged fire extinguisher and fire blanket at the work spot. [Control (procedures)] 7.11 Lead paint dust and fumes: see step 8 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
8	Clean with an H-class vacuum and wet wipes, never dry sweep	Lead paint dust and fumes Poor housekeeping and waste Rules: Control of Lead at Work Regulations 2002	Workers, Residents, Children, Visitors. 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. Rubbish,	**High (12) Possible / Major injury**	8.1 Test old paint for lead before you sand, scrape, cut or heat it. [Eliminate] 8.2 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] 8.3 Seal off the work area with plastic sheeting and keep residents, children and pets out. [Isolate] 8.4 Clean up with an H-class vacuum and wet wipes. Never dry sweep. [Control (engineering)] 8.5 Wash hands and face before eating, drinking or smoking. Change out of dusty clothes before going home. [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
			offcuts and materials left lying around cause trips, cuts and fires, and block exits.		8.6 Wear an FFP3 mask, disposable coveralls and gloves. [PPE] 8.7 Order materials to size and send packaging back where you can. [Eliminate] 8.8 Put skips and waste chutes close to the work. [Control (engineering)] 8.9 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 8.10 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 8.11 Stack materials neatly on level ground, away from edges. [Control (procedures)] 8.12 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)] 8.13 Wear gloves when handling waste. [PPE]		
9	Bag waste, remove coveralls in the work area and wash before eating	Lead paint dust and fumes Rules: Control of Lead at Work Regulations 2002	Workers, Residents, Children. 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.	**High (12) Possible / Major injury**	9.1 Lead paint dust and fumes: see step 8 for the full controls [Control (procedures)]	**Low (4) Very unlikely / Major injury**	Site supervisor
10	Check the area is clean before removing plastic and letting occupants back in	Lead paint dust and fumes Working in an occupied home or building Rules: Control of Lead at Work Regulations 2002	Workers, Residents, Children, Staff. 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. Residents, staff or children wander into the work area and get hurt, or the work blocks exits or cuts off power or water while	**High (12) Possible / Major injury**	10.1 Lead paint dust and fumes: see step 8 for the full controls [Control (procedures)] 10.2 Working in an occupied home or building: see step 1 for the full controls [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
			people are inside.				

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	Test the paint, tell the occupants, and keep children and pregnant people away	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. Lead paint dust and fumes: see step 8 for the full controls
2	Turn off heating and cooling and close windows and vents in the work area	Seal off the work area with plastic sheeting and keep residents, children and pets out. Clean up with an H-class vacuum and wet wipes. Never dry sweep. Lead paint dust and fumes: see step 8 for the full controls
3	Seal the area with plastic and warning signs	Wash hands and face before eating, drinking or smoking. Change out of dusty clothes before going home. Wear an FFP3 mask, disposable coveralls and gloves. Lead paint dust and fumes: see step 8 for the full controls
4	Put on coveralls and a fitted respirator, and set up a wash point	Lead paint dust and fumes: see step 8 for the full controls 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.
5	Mist and wet scrape the paint; no dry sanding or open flame	Lead paint dust and fumes: see step 8 for the full controls Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. Keep chemicals in labelled containers. Never decant into drink bottles.
6	Use chemical strippers with ventilation and chemical gloves	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.
7	Use a heat gun only on low settings, below the temperature that makes lead fumes	Isolate heating systems and let parts cool before you touch them. Fit guards or insulation on hot pipes and equipment. Mark hot items with chalk or a "HOT" sign so others know.
8	Clean with an H-class vacuum and wet wipes, never dry sweep	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.
9	Bag waste, remove coveralls in the work area and wash before eating	Lead paint dust and fumes: see step 8 for the full controls
10	Check the area is clean before removing plastic and letting occupants back in	Lead paint dust and fumes: see step 8 for the full controls Working in an occupied home or building: see step 1 for the full controls

5. PPE AND PERMITS

Required PPE	Permits and plans

Required PPE	Permits and plans
Safety glasses Half-mask respirator (P3 filters) Coveralls Chemical-resistant gloves Safety boots Rigger gloves FFP3 dust mask Hi-vis vest Safety goggles Welding gauntlets Face shield	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
Heat gun		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)			
Power sander		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

Name	Role / company	Tickets / licences	Inducted	Signature	Date