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	Roof painting and restoration	**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 asbestos roofing; asbestos roofs must not be pressure cleaned	Disturbing asbestos Rules: Control of Asbestos Regulations 2012	Workers, Occupants, Public. How: Buildings built before 2000 may contain asbestos. Drilling, cutting or breaking it releases fibres that cause cancer years later.	**Very high (15) Possible / Fatal**	1.1 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] 1.2 Seal off the work area and keep everyone else out. [Isolate] 1.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum. [Control (engineering)] 1.4 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)] 1.5 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Control (procedures)] 1.6 Wear a fit-tested FFP3 mask (or better) and disposable type 5 coveralls. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Set up edge protection or harness anchors	Falling from a roof edge Falling from a ladder	Workers, People below. How: A worker slips or	**Very high (20) Likely / Fatal**	2.1 Do what you can from the ground or from a scaffold at the gutter line, for example pre-assemble parts on the ground. [Eliminate]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	and a secured ladder	Falling through a fragile roof or skylight Rules: Work at Height Regulations 2005; Work at Height Regulations 2005, regulation 9 (fragile surfaces)	walks off the edge of a roof or gutter line and falls to the ground. The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface.		2.2 Install edge protection or guardrails on all open roof edges before work starts. [Isolate] 2.3 Use a perimeter scaffold with handrails and toe boards along the eaves where practical. [Control (engineering)] 2.4 Where guardrails cannot be fitted, use fall restraint on certified roof anchors so workers cannot reach the edge. [Control (engineering)] 2.5 Use one safe, controlled access point and keep others off the roof. [Control (procedures)] 2.6 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 2.7 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 2.8 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)] 2.9 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)] 2.10 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 2.11 Work from underneath or from a MEWP so nobody stands on the fragile roof. [Eliminate] 2.12 Cover or guard every skylight and fragile sheet with a fixed, marked cover or mesh before work starts. [Isolate] 2.13 Use safety nets or a boarded platform under the work, and staging or crawl boards to spread the load on fragile surfaces. [Control (engineering)] 2.14 Use fall arrest on rated anchors when working near fragile areas. [Control (engineering)] 2.15 Treat all roof sheets as fragile until a competent person confirms they are not. Old fibre cement and plastic sheets are fragile. [Control (procedures)]		
3	Pressure clean, aware that wet roofs are very slippery	High pressure water jetting Slips and trips Falling from a roof edge Rules: Work at Height Regulations 2005	Workers, People nearby, Visitors, Public, People below. How: High pressure water cuts through skin and injects water and dirt into the body, or the hose whips. Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones	**Very high (20) Likely / Fatal**	3.1 Set an exclusion zone around the jetting area. [Isolate] 3.2 Use a dead man's trigger that stops the jet when released, and check hoses and fittings before use. [Control (engineering)] 3.3 Only trained operators use high pressure jetting gear. [Control (procedures)] 3.4 Never point the lance at anyone or put a hand in front of it. [Control (procedures)] 3.5 Treat any jetting injury as serious and go to hospital, even if it looks small. [Control (procedures)] 3.6 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 3.7 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			or head injuries.		3.8 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 3.9 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 3.10 Keep work areas, stairs and access paths well lit. [Control (procedures)] 3.11 Stop roof work in strong wind or rain, and when the roof is wet, icy or covered in dust or frost. [Control (procedures)] 3.12 Wear a harness clipped to a rated anchor when using restraint or fall arrest, and soft-soled non-slip boots. [PPE] 3.13 Falling from a roof edge: see step 2 for the full controls [Control (procedures)]		
4	Repair and re-point ridges	Lifting and carrying heavy loads Cuts from sharp edges Rules: Manual Handling Operations Regulations 1992	Workers. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Sheet metal, glass, blades, cable tray and offcuts cut hands and arms.	**High (12) Likely / Lost time injury**	4.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 4.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 4.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 4.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 4.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 4.6 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 4.7 Wear gloves for grip and safety boots to protect your feet. [PPE] 4.8 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 4.9 Use knives with retractable or self-retracting blades. [Control (engineering)] 4.10 Cut away from your body and keep your other hand clear. [Control (procedures)] 4.11 Put used blades in a blade bin or sharps container. [Control (procedures)] 4.12 Use two people to handle large sheets of metal or glass. [Control (procedures)] 4.13 Wear cut-resistant gloves and long sleeves. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
5	Spray coatings in calm weather, protecting cars and neighbours	Hazardous chemicals Strong wind and storms Public entering the work area Rules: COSHH Regulations 2002; CDM Regulations 2015	Workers, Occupants, Public, Children. How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and	**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)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			poisoning. Wind blows sheets, panels and people off roofs and scaffolds, and storms and lightning make work at height and lifting unsafe.		5.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 5.6 Check the forecast each morning and plan work at height and lifting around the weather. [Eliminate] 5.7 Tie down or weigh down loose sheets, panels, boards and rubbish at the end of each shift. [Control (engineering)] 5.8 Set wind limits for roof work, platforms and cranes, using the manufacturer's limits, and stop when they are reached. [Control (procedures)] 5.9 Stop work and get down in lightning. Wait 30 minutes after the last thunder before going back up. [Control (procedures)] 5.10 Check scaffold, fencing and edge protection after strong wind before anyone uses them. [Control (procedures)] 5.11 Fence off the site with secure temporary fencing and lock the gates when you leave. [Isolate] 5.12 Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. [Isolate] 5.13 Use hoarding, covered walkways or catch fans where work is above public areas. [Control (engineering)] 5.14 Put signs at each entry: site name, contact number and "No unauthorised entry". [Control (procedures)] 5.15 Make the site safe at the end of each day: cover holes, lower plant, remove ladders and lock tools away. [Control (procedures)]		
6	Clean up and remove access	Heat stress Sun exposure (UV) Poor housekeeping and waste	Workers, Visitors. How: Hard work in hot weather or hot roof spaces causes heat exhaustion or heat stroke, which can kill. Long hours in the sun cause sunburn, eye damage and skin cancer.	**High (12) Possible / Major injury**	6.1 Schedule heavy work for the cooler part of the day. [Eliminate] 6.2 Provide shade over work and rest areas, and fans or cooling in roof spaces. [Control (engineering)] 6.3 Supply cool drinking water close by and drink a cup every 15 to 20 minutes. [Control (procedures)] 6.4 Take regular rest breaks in the shade, more often as it gets hotter. [Control (procedures)] 6.5 Let new and returning workers build up to full work in the heat over about a week. [Control (procedures)] 6.6 Plan outdoor work for early morning or late afternoon when UV is lower. [Eliminate] 6.7 Put shade covers over fixed work areas. [Control (engineering)] 6.8 Check the UV index each day. Use sun protection when it is 3 or higher. [Control (procedures)] 6.9 Check your skin regularly and see a doctor about any new or changing spots. [Control (procedures)] 6.10 Wear a broad-brim hat or hard hat brim, long sleeves, sunglasses and SPF 30 or higher sunscreen, reapplied every 2 hours. [PPE] 6.11 Order materials to size and send packaging back where you can. [Eliminate] 6.12 Put skips and waste chutes close to the work. [Control (engineering)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					6.13 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.14 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.15 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.16 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)]		

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 asbestos roofing; asbestos roofs must not be pressure cleaned	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. Seal off the work area and keep everyone else out. If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum.
2	Set up edge protection or harness anchors and a secured ladder	Do what you can from the ground or from a scaffold at the gutter line, for example pre-assemble parts on the ground. Install edge protection or guardrails on all open roof edges before work starts. Use a perimeter scaffold with handrails and toe boards along the eaves where practical.
3	Pressure clean, aware that wet roofs are very slippery	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.
4	Repair and re-point ridges	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.
5	Spray coatings in calm weather, protecting cars and neighbours	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 and remove access	Schedule heavy work for the cooler part of the day. Provide shade over work and rest areas, and fans or cooling in roof spaces. Supply cool drinking water close by and drink a cup every 15 to 20 minutes.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots	Roof access permit

Required PPE	Permits and plans
Full body harness and lanyard Half-mask respirator (P3 filters) Safety goggles Sun protection (sunscreen and neck cover) Chemical-resistant gloves Coveralls Rigger gloves Safety helmet Face shield Ear defenders Cut-resistant gloves Safety glasses Hi-vis vest	Work at height permit

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Pressure washer (jet wash)					
Airless paint sprayer					
Extension ladder		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			
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