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	Bathroom rough-in plumbing	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Plumbing

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	Isolate water to the area and confirm power is off to any circuits in the walls	Electric shock from live wiring Stored energy Rules: Electricity at Work Regulations 1989	Workers, Occupants. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Energy left in springs, hydraulics, compressed gas, raised loads or capacitors releases suddenly and crushes or injures workers.	**Very high (15) Possible / Fatal**	1.1 Isolate the power before any work. Do not work live. [Eliminate] 1.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 1.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 1.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 1.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 1.6 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 1.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 1.8 Release or block all stored energy before work: release the pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. [Eliminate] 1.9 Lock out and tag all energy sources with personal locks. [Isolate] 1.10 Put mechanical blocks or props under raised parts like buckets,	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					tipper bodies and doors. [Control (engineering)] 1.11 Test that the system is dead and nothing can move before you start. [Control (procedures)] 1.12 Follow the maker's procedure, for example for garage door and roller door springs. [Control (procedures)] 1.13 Wear safety glasses and gloves. [PPE]		
2	Check walls and floors for asbestos before cutting	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**	2.1 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] 2.2 Seal off the work area and keep everyone else out. [Isolate] 2.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum. [Control (engineering)] 2.4 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)] 2.5 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Control (procedures)] 2.6 Wear a fit-tested FFP3 mask (or better) and disposable type 5 coveralls. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
3	Cut slab or wall chases with water suppression or dust extraction	Silica dust from concrete, brick, stone and tiles Saw cuts and kickback Loud noise Hand-arm and whole-body vibration Rules: COSHH Regulations 2002; Provision and Use of Work Equipment Regulations 1998 (PUWER); Control of Noise at Work Regulations 2005; Control of Vibration at Work Regulations 2005	Workers, People nearby. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes silicosis and lung cancer. Circular saws, drop saws and table saws cut fingers and hands or throw material back at the user.	**Very high (20) Likely / Fatal**	3.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 3.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 3.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 3.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 3.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 3.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 3.7 Wear a fit-tested FFP3 mask. [PPE] 3.8 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 3.9 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 3.10 Use a sharp, undamaged blade made for the material. [Control (procedures)] 3.11 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 3.12 Use quieter tools and methods, such as cut-to-size materials,	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					low-noise machines and battery tools. [Reduce / substitute] 3.13 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 3.14 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 3.15 Limit time on noisy tools and rotate workers. [Control (procedures)] 3.16 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)] 3.17 Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. [Reduce / substitute] 3.18 Keep tools sharp and well maintained, and use anti-vibration handles and seats. [Control (engineering)] 3.19 Limit trigger time using the HSE vibration calculator to stay below the exposure action value, and rotate workers. [Control (procedures)] 3.20 Keep hands warm and dry, and take regular breaks. [Control (procedures)]		
4	Run waste and water pipes, working at floor level with knee pads	Lifting and carrying heavy loads Repetitive work and awkward postures 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. Doing the same movement for hours, kneeling or working overhead causes long-term damage to joints, muscles and tendons.	**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 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 4.7 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 4.8 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 4.9 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 4.10 Warm up before heavy physical work and report aches and pains early. [Control (procedures)] 4.11 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 4.12 Use knives with retractable or self-retracting blades. [Control (engineering)] 4.13 Cut away from your body and keep your other hand clear. [Control (procedures)] 4.14 Put used blades in a blade bin or sharps container. [Control	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					(procedures)] 4.15 Use two people to handle large sheets of metal or glass. [Control (procedures)]		
5	Glue solvent joints with ventilation and no flames nearby	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**	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 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 5.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 5.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 5.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE] 5.9 Use non-flammable or water-based products where you can. [Reduce / substitute] 5.10 Keep ignition sources away: no smoking, no hot work and no running engines near flammables. [Isolate] 5.11 Store fuels and solvents in approved, closed containers in a ventilated area away from the work. [Control (engineering)] 5.12 Refuel equipment outdoors with the engine off and cool. [Control (procedures)] 5.13 Keep only what you need for the day on site. [Control (procedures)] 5.14 Store gas cylinders upright, secured and outdoors. [Control (procedures)] 5.15 Keep a suitable fire extinguisher where flammables are used or stored. [Control (procedures)] 5.16 Wear chemical gloves and safety glasses when pouring or mixing. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
6	Pressure test the pipework and clean up	Pressure testing Poor housekeeping and waste Rules: Pressure Systems Safety Regulations 2000	Workers, Occupants, Visitors. How: A pipe, fitting or cap fails under test pressure and blows apart, hitting people nearby. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block	**Medium (8) Unlikely / Major injury**	6.1 Test with water instead of air or gas where the system allows it. Never put water in refrigerant pipework, which is tested with dry nitrogen. [Reduce / substitute] 6.2 Keep people out of the test area with signs and barriers. [Isolate] 6.3 Use a calibrated gauge and a relief valve set to protect the system. [Control (engineering)] 6.4 Test to the pressure the system calls for and hold it for the set time. Never go over. [Control (procedures)] 6.5 Release the pressure fully before tightening anything or fixing leaks. [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
			exits.		6.6 Wear safety glasses or a face shield. [PPE] 6.7 Order materials to size and send packaging back where you can. [Eliminate] 6.8 Put skips and waste chutes close to the work. [Control (engineering)] 6.9 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.10 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.11 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.12 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)] 6.13 Wear gloves when handling waste. [PPE]		

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	Isolate water to the area and confirm power is off to any circuits in the walls	Isolate the power before any work. Do not work live. Lock out and tag the isolation point with your own personal lock and danger tag. Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after.
2	Check walls and floors for asbestos before cutting	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.
3	Cut slab or wall chases with water suppression or dust extraction	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.
4	Run waste and water pipes, working at floor level with knee pads	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	Glue solvent joints with ventilation and no flames nearby	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	Pressure test the pipework and clean up	Test with water instead of air or gas where the system allows it. Never put water in refrigerant pipework, which is tested with dry nitrogen. Keep people out of the test area with signs and barriers. Use a calibrated gauge and a relief valve set to protect the system.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety glasses FFP3 dust mask Ear defenders Knee pads Rigger gloves Half-mask respirator (P3 filters) Coveralls Cut-resistant gloves Chemical-resistant gloves Safety goggles Face shield	Permit to work (electrical isolation)

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
SDS drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Press fitting tool					
Hand tools					
Cut-off saw (Stihl saw)		User check before each use; inspected and serviced to the maker's schedule (PUWER regs 5 and 6). Discs changed only by people trained in abrasive wheels			

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