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	Install a toilet, taps or basin	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Plumbing

2. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Isolate water to the fixture and drain the lines	Stored energy Slips and trips	Workers, Visitors, Public. How: Energy left in springs, hydraulics, compressed gas, raised loads or capacitors releases suddenly and crushes or injures workers. Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries.	**Medium (8) Unlikely / Major injury**	1.1 Release or block all stored energy before work: release the pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. [Eliminate] 1.2 Lock out and tag all energy sources with personal locks. [Isolate] 1.3 Put mechanical blocks or props under raised parts like buckets, tipper bodies and doors. [Control (engineering)] 1.4 Test that the system is dead and nothing can move before you start. [Control (procedures)] 1.5 Follow the maker's procedure, for example for garage door and roller door springs. [Control (procedures)] 1.6 Wear safety glasses and gloves. [PPE] 1.7 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 1.8 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 1.9 Slips and trips: see step 5 for the full controls [Control (procedures)]	**Low (4) Very unlikely / Major injury**	Site supervisor
2	Remove the old fixture, wearing gloves for waste contamination	Sewage and wastewater Lifting and carrying heavy loads Cuts from sharp edges Rules: Manual Handling Operations Regulations 1992	Workers. How: Contact with sewage spreads germs that cause stomach illness, hepatitis and skin infections. Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**High (12) Likely / Lost time injury**	2.1 Flush and drain the line before opening it, and plan the job to avoid contact. [Eliminate] 2.2 Use drain cameras, jetters and long-handled tools to keep hands out. [Control (engineering)] 2.3 Cover cuts with waterproof dressings. Never eat, drink or smoke before washing. [Control (procedures)] 2.4 Wash hands well and clean tools and boots after the job. [Control (procedures)] 2.5 Keep vaccinations such as tetanus and hepatitis A up to date, on medical advice. [Control (procedures)] 2.6 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 2.7 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them.	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					[Reduce / substitute] 2.8 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 2.9 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 2.10 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 2.11 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 2.12 Use knives with retractable or self-retracting blades. [Control (engineering)] 2.13 Cut away from your body and keep your other hand clear. [Control (procedures)] 2.14 Put used blades in a blade bin or sharps container. [Control (procedures)] 2.15 Use two people to handle large sheets of metal or glass. [Control (procedures)]		
3	Drill fixings into tiles with the right bit and glasses on	Injury from power tools Eye injuries Glass handling and breakage Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER)	Workers, People nearby, Occupants. How: Drills, saws, routers and sanders kick back, catch clothing or throw debris, causing cuts, broken bones and eye injuries. Flying chips, dust, chemicals or sparks get into the eye and cause damage or blindness.	**High (12)** **Possible / Major injury**	3.1 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 3.2 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 3.3 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 3.4 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 3.5 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)] 3.6 Use tool guards and screens to stop flying particles. [Control (engineering)] 3.7 Use dust extraction and water to keep dust out of the air. [Control (engineering)] 3.8 Keep others out of the area when cutting, grinding or chipping. [Control (procedures)] 3.9 Keep an eye wash station or eye wash bottles on site. [Control (procedures)] 3.10 Wear safety glasses at all times, goggles for dust and chemicals, and a face shield for grinding. [PPE] 3.11 Use suction lifters, glass trolleys or a glazing robot for large panes. [Control (engineering)] 3.12 Store glass upright on racks and secure it. Never lay it flat or lean it loosely. [Control (engineering)] 3.13 Use two or more people for large panes, and clear the carry route first. [Control (procedures)] 3.14 Mark new glass with tape or stickers so nobody walks into it. [Control (procedures)] 3.15 Clean up broken glass straight away into a marked container.	**Medium (8)** **Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					[Control (procedures)]		
4	Fit and connect the new fixture, kneeling on pads	Lifting and carrying heavy loads Repetitive work and awkward postures 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 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 4.2 Wear gloves for grip and safety boots to protect your feet. [PPE] 4.3 Lifting and carrying heavy loads: see step 2 for the full controls [Control (procedures)] 4.4 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 4.5 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 4.6 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 4.7 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 4.8 Warm up before heavy physical work and report aches and pains early. [Control (procedures)] 4.9 Wear knee pads for kneeling work and gloves for grip. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
5	Turn water on, check for leaks and clean up	Slips and trips Poor housekeeping and waste	Workers, Visitors, Public. 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] 5.2 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 5.3 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 5.4 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 5.5 Keep work areas, stairs and access paths well lit. [Control (procedures)] 5.6 Wear safety boots with good grip, laced up. [PPE] 5.7 Order materials to size and send packaging back where you can. [Eliminate] 5.8 Put skips and waste chutes close to the work. [Control (engineering)] 5.9 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 5.10 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 5.11 Stack materials neatly on level ground, away from edges. [Control (procedures)] 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)] 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.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Isolate water to the fixture and drain the lines	Release or block all stored energy before work: release the pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. Lock out and tag all energy sources with personal locks. Put mechanical blocks or props under raised parts like buckets, tipper bodies and doors.
2	Remove the old fixture, wearing gloves for waste contamination	Flush and drain the line before opening it, and plan the job to avoid contact. Use drain cameras, jetters and long-handled tools to keep hands out. Cover cuts with waterproof dressings. Never eat, drink or smoke before washing.
3	Drill fixings into tiles with the right bit and glasses on	Keep all guards fitted and working. Never tie back or remove a guard. Clamp or secure the work piece. Do not hold it by hand. Only trained, competent people use power tools, following the maker's instructions.
4	Fit and connect the new fixture, kneeling on pads	Rotate tasks and take breaks on long lifting jobs. Wear gloves for grip and safety boots to protect your feet. Lifting and carrying heavy loads: see step 2 for the full controls
5	Turn water on, check for leaks and clean up	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.

4. PPE AND PERMITS

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

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Hand tools					
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			

6. CREW COMPETENCY, TICKETS AND LICENCES

Crew listed at sign-on below, with ticket and licence numbers.

7. 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).		

8. 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.		

9. 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.

10. REVISION HISTORY

Rev	Date	By	What changed
1	9 Nov 2026		First issue

11. 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